

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



Reserve  
aRC451  
.4  
.S7A44  
1996

States  
ment of  
ture  
Safety  
pection

tion and  
Legislative Affairs

Food Safety  
Education Office

Washington, DC  
20250

# HEALTH Information

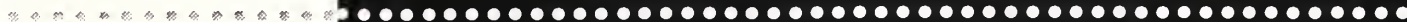
## FOR STUDENTS AND THEIR FAMILIES



American Association of Family  
and Consumer Sciences

1996 Convention

Nashville, TN



**United States  
Department of  
Agriculture**



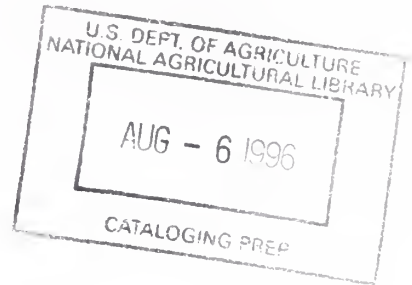
**National Agricultural Library**



United States  
Department of  
Agriculture

Food Safety  
and Inspection  
Service

Washington, D.C.  
20250



June 1996

Dear Educator:

The U.S. Department of Agriculture's Food Safety and Inspection Service is pleased to provide you with health information for your students and parents.

We understand the vital role you play not only in caring for children during the school day, but also as a source of reliable, up-to-date, health information aimed at preventing illness.

The food safety and nutrition information contained in this booklet is reproducible, and we encourage you to make copies for distribution to your students. The material is divided into three categories: information for elementary students, information for teens (junior or middle school and high school), and information for parents. Some of the information is presented in Spanish.

If you have any questions about the information presented in this booklet, please do not hesitate to call the USDA Meat and Poultry Hotline, tollfree, at 1-800-535-4555.

Sincerely,

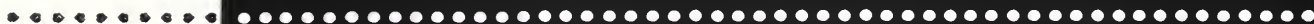
Bessie Berry, Acting Director  
Meat and Poultry Hotline



# F

## ocus on...

FOOD SAFETY AND NUTRITION  
FOR ELEMENTARY SCHOOL  
STUDENTS









# Health Information for Students and Their Families

## KEEP YOUR FOOD SAFE—Shopping, Storage and Cooking Tips

By Liz Lapping

Food that goes bad can make you sick. This is called food poisoning.

Sometimes when people think they have the "flu" or a "stomach bug," they really have food poisoning.

What makes food go bad? Germs. They get on foods and grow. You cannot see germs on food.

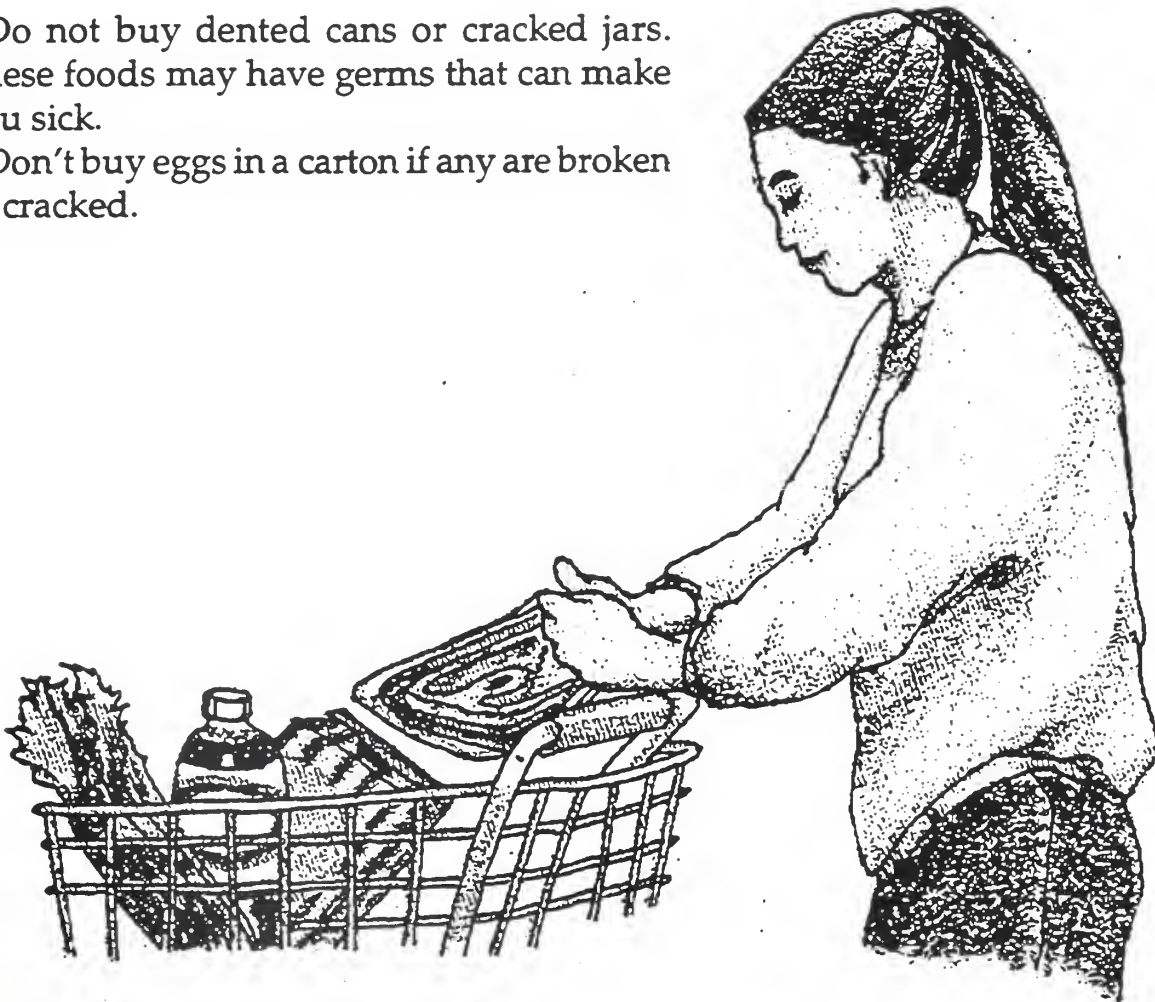
You cannot always smell or taste them either. Some foods that germs

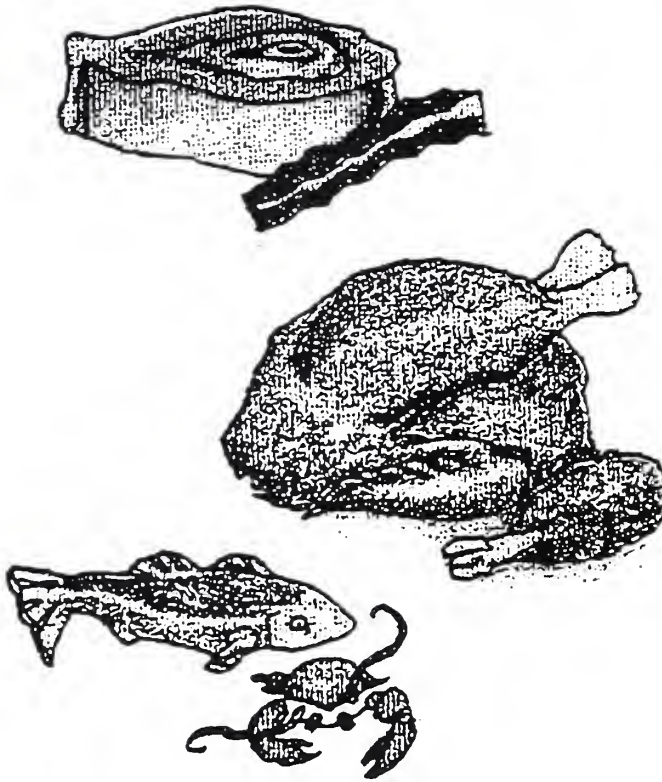
like best are milk and other dairy products, eggs, meat, poultry and seafood. You can keep food safe by buying safe food and keeping it safe at home.

## SAFE FOOD AT THE STORE

Do not buy dented cans or cracked jars. These foods may have germs that can make you sick.

Don't buy eggs in a carton if any are broken or cracked.





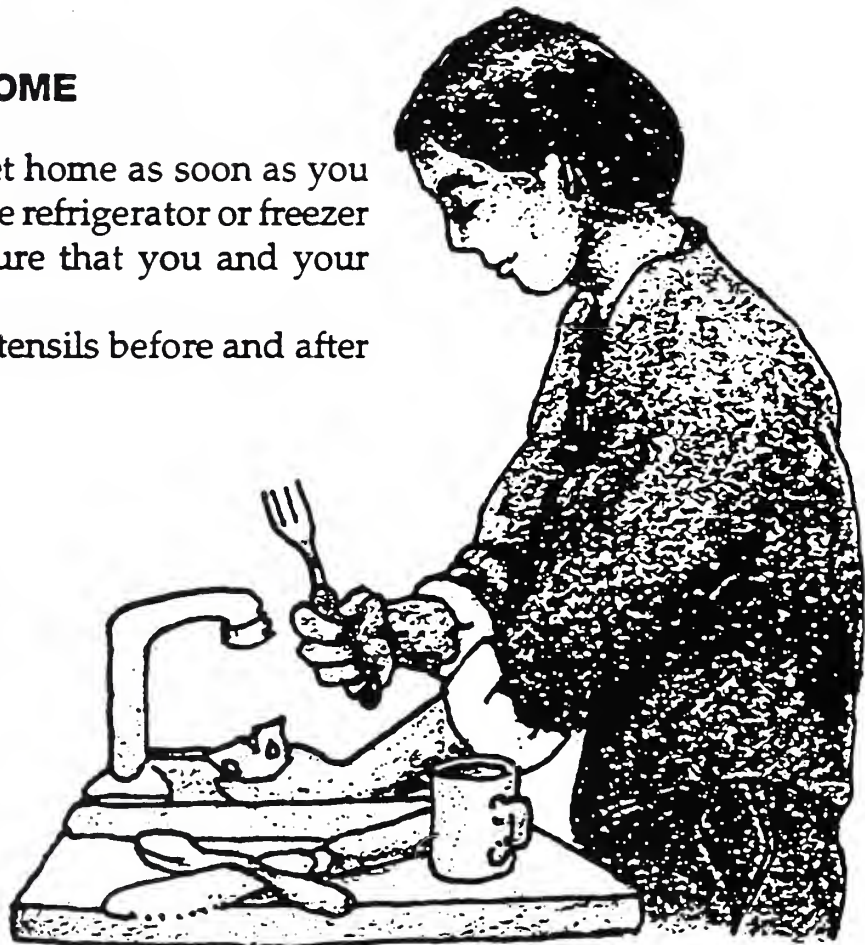
Raw meat, poultry and seafood sometimes drip. The juices that drip may have germs. Put raw meat, poultry and seafood into plastic bags before they go into your cart.

Pick up milk and other cold foods last. This will give them less time to warm up before you get home.

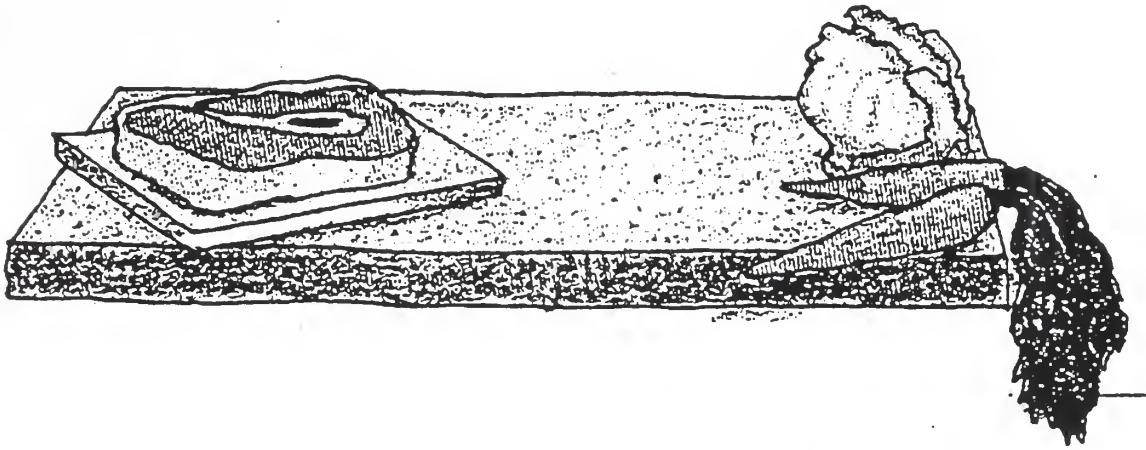
## SAFE FOOD AT HOME

After shopping, get home as soon as you can. Put food into the refrigerator or freezer right away. Make sure that you and your kitchen are clean.

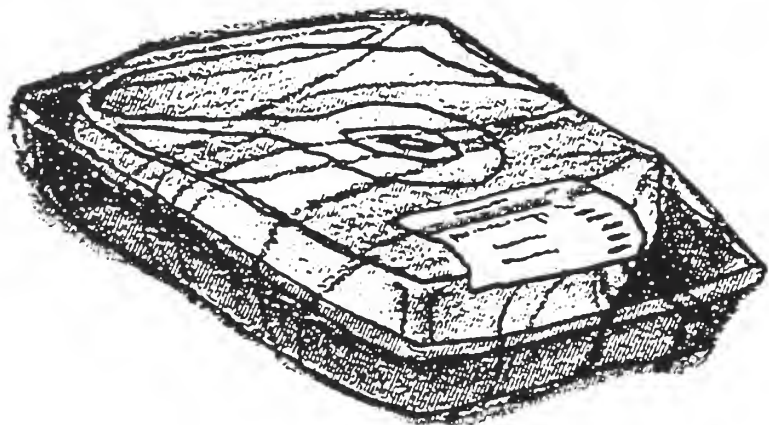
Wash hands and utensils before and after they touch food.



Wood cutting boards are very hard to clean. Germs hide in the cracks. Use a plastic cutting board instead.



Keep the juices from raw meat, raw poultry and raw seafood away from other foods since the juices have germs. Meat, poultry and seafood need to stay cold while they thaw. Thaw them in the refrigerator 1 or 2 days before you will cook the food, or in the microwave using the “defrost” setting. Cook the food right away.





Raw meat, raw poultry, raw seafood and raw eggs can make you sick. Cook them until they are done.

- Cooked red meat looks brown inside.
- Cooked egg whites and yolks are firm, not runny.
- Poke cooked chicken with a fork. The juices should look clear, not pink.
- Put leftovers in the refrigerator or freezer within 2 hours after eating. Eat the left overs in the next few days, before they go bad.
- Dig a fork into cooked fish. The fish should flake.



*Remember, if you think a food might be bad, do not taste it.*

**WHEN IN DOUBT, THROW IT OUT!**

For other questions about food safety, call the **USDA Meat and Poultry Hotline** at 1-800-535-4555. The Hotline is open from 10 a.m. to 4 p.m., Eastern Time, Monday through Friday. Washington, DC area residents should dial (202) 720-3333.

\* Adapted from *Keep Your Food Safe*, a U.S. Food and Drug Administration (FDA) publication.

# **MANTENGA SANOS LOS ALIMENTOS**

## **Ideas para comprar, guardar y cocinar alimentos\***

*por Liz Lapping*

**L**os alimentos contaminados pueden enfermarle. Esto se conoce como una intoxicación o envenenamiento con comida.

A veces cuando uno cree que tiene "el flú" o "una indigestión", realmente se ha intoxicado con lo que comió.

¿Qué ocasiona que los alimentos se dañen? Los gérmenes. Estos entran a los alimentos y crecen. Usted no puede ver los gérmenes en los alimentos. A

veces tampoco puede olerlos o probarlos.

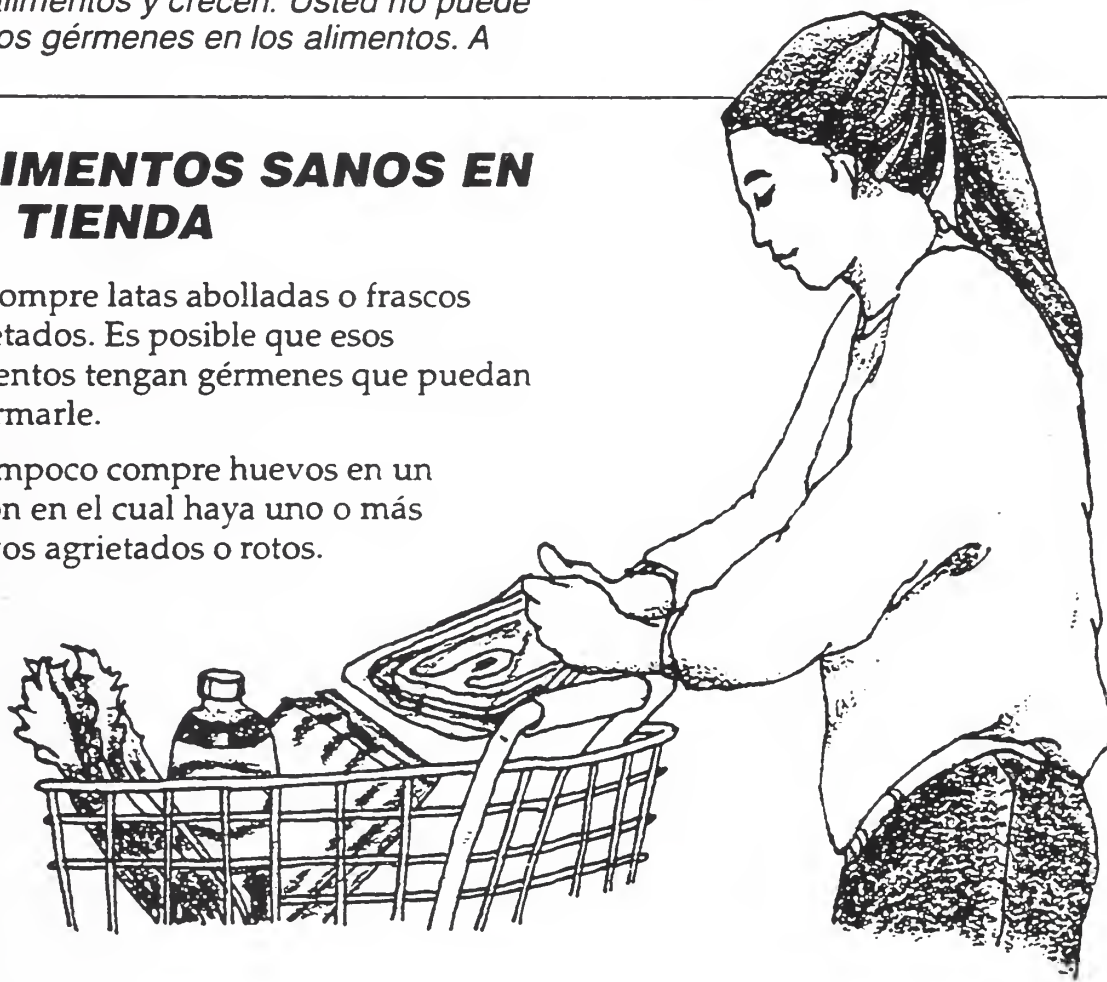
Algunos de los alimentos preferidos por los gérmenes son la leche y otros productos lácteos, los huevos, las carnes, las aves, y los mariscos.

Usted puede mantener sus alimentos sanos si los compra en buen estado y los mantiene sanos en su casa.

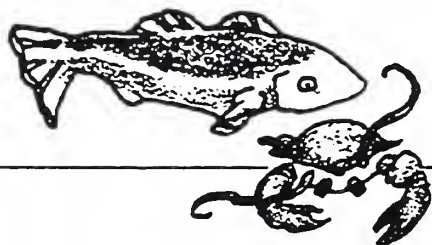
### **ALIMENTOS SANOS EN LA TIENDA**

No compre latas abolladas o frascos agrietados. Es posible que esos alimentos tengan gérmenes que puedan enfermarle.

Tampoco compre huevos en un cartón en el cual haya uno o más huevos agrietados o rotos.



*\* Adaptado de ¡Goce de Buena Salud - Proteja los Alimentos!, una publicación de la Administración Federal de Alimentos y Drogas (FDA)*



A veces la carne, las aves y los mariscos gotean cuando aún están crudos. Es posible que el jugo o líquido que sueltan contenga gérmenes. Coloque las carnes, las aves y los mariscos crudos en sacos plásticos antes de ponerlos con los otros alimentos que va a comprar.

Seleccione la leche y otros alimentos fríos al final de su compra. Así se mantendrán frescos hasta que llegue a su casa.

## **ALIMENTOS SANOS EN SU HOGAR**

Después de hacer la compra regrese a la casa lo más pronto posible. Coloque enseguida los alimentos en la nevera o el congelador.

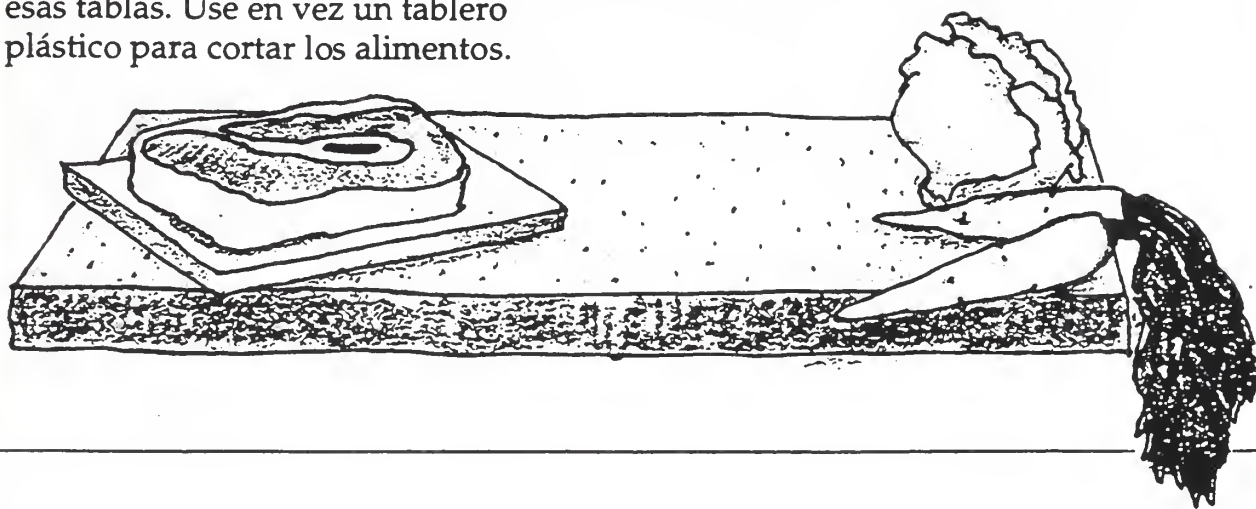
Asegúrese de que tanto usted como su cocina se mantienen bien limpios.

Antes y después de tocar los alimentos, lávese las manos y lave los utensilios.

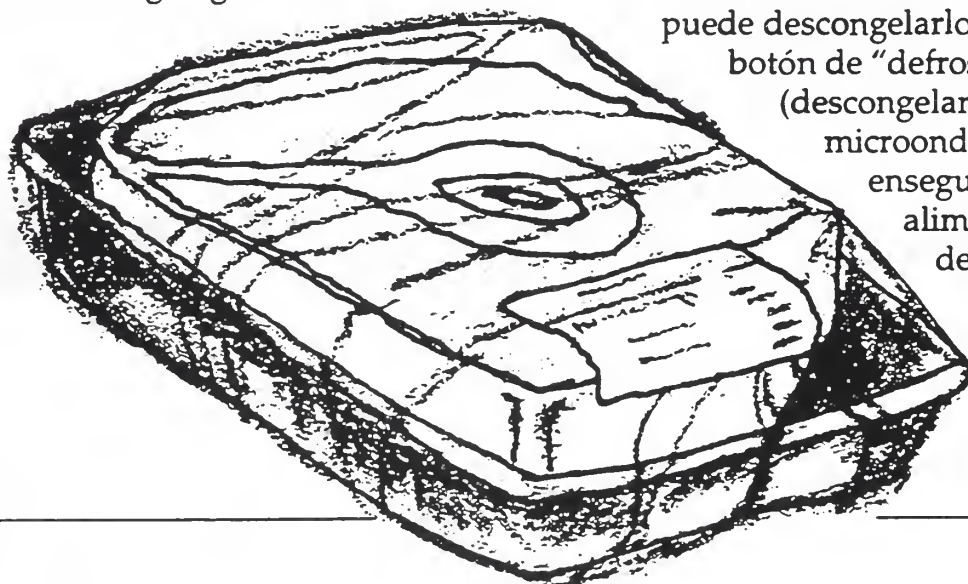




Es muy difícil limpiar las tablas para cortar que son de madera. Los gérmenes se esconden en las grietas de esas tablas. Use en vez un tablero plástico para cortar los alimentos.



No permita que los jugos de las carnes crudas, las aves crudas y los mariscos sin cocinar toquen otros alimentos ya que es posible que esos jugos contengan gérmenes.

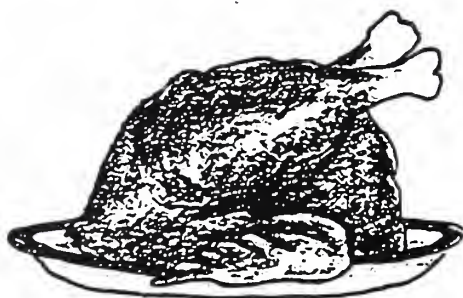


Al descongelar carnes, aves y mariscos es necesario mantenerlos refrigerados. Si estaban congelados, déjelos en el refrigerador por uno o dos días antes de cocinarlos. Si lo prefiere, puede descongelarlos usando el botón de "defrost" (descongelar) en el microondas. Cocine enseguida cualquier alimento que se descongele.



Los alimentos crudos como carnes, aves y mariscos pueden enfermarle. Cocínelos hasta que estén bien hechos.

- La carne roja se ve color marrón después de cocida.
- Pinche el pollo cocido con un tenedor. El jugo que sale debe verse bien claro, no rosado.
- Si cocina pescado, pínchelo con un tenedor. Si se separa en escamas, está listo.



- Las yemas y claras de los huevos deben estar firmes, no líquidas o blandas.
- Si algo sobra, póngalo en el refrigerador dentro de dos horas después de servido. Consuma lo que sobre en los próximos 3-4 días antes de que el alimento se dañe.

*Recuerde, si usted cree o sospecha que un alimento está dañado, ni siquiera lo pruebe.*

***Cuando tenga alguna duda, bote el alimento.***

Si interesa un ejemplar gratis de la publicación **¡Goce de Buena Salud — Proteja los Alimentos!**, escriba a:

FDA  
Rm. 15A19 HFI40  
5600 Fishers Lane  
Rockville, Md. 20857. ✚

# Health Information for Students and Their Families

## Something is Trying to Eat Your Food!

by Mary Ann Parmley

You know all about storybook monsters that like to eat things up, right?

There's the giant in "*Jack and the Beanstalk*" who wants Jack as a snack.

There are the "*wild things*" in **WHERE THE WILD THINGS ARE** that dance with Max in his dreams when he's feeling very naughty. Max decides it's time to be good again when the monsters threaten to eat him up.

But you probably *didn't know* that in real life there are tiny "*monsters*" always ready to attack your food.

They are called germs or bacteria and molds. They are so small you can only see them under a microscope.

These food destroyers live in soil, air and water. They are also in the bodies of people and animals.

And if you're not careful, these tiny villains can "*eat up*" your food before you can.

What's going on? Growing things—like fruits and vegetables and food animals—are naturally protected against bacteria and other food destroyers. Once growing things are picked, though, or animals become food, they lose their protection.

Then it's like a race between people wanting to use the food, and bacteria and other food destroyers trying to get it first. Who are these villains? You've probably seen the spoilers that cause food to go bad in the refrigerator.

They leave their footprints of fuzzy, blue mold on forgotten bread. They also cause mushy spots in fruits and vegetables. But compared with the food poisoners, the spoilers are nice guys. They change the look and smell of food so you know not to eat it.

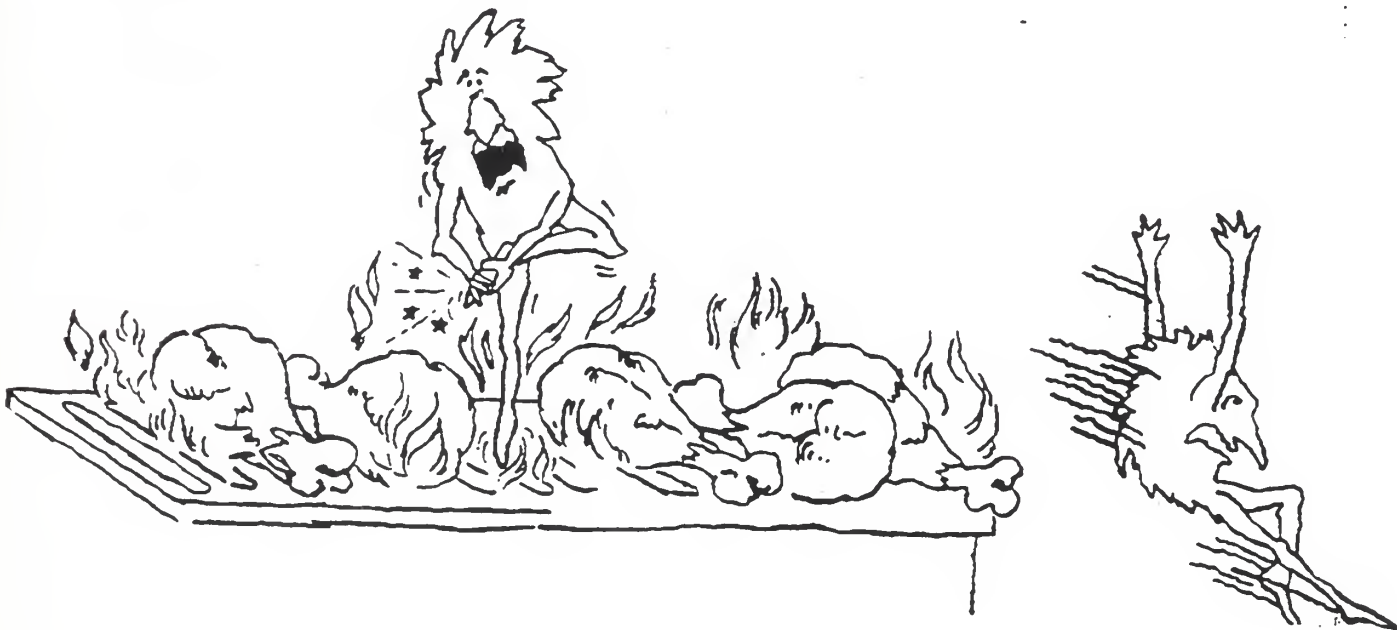
The food poisoners, which can make you sick, are much trickier. They don't change the smell, look or odor of food. So you don't know they're there.

You may have heard of some of them. Staph and salmonella cause people to be sick at their

stomachs and have stomach cramps and diarrhea. Sometimes food poisoning makes people very sick. To stay safe from the food destroyers, you have to be careful with food. 1. Keep food cold—Cold temperatures keep most of the food poisoners from growing fast enough to make you sick. 2. Cook food well—Cooking kills the food poisoners. Have you seen mom or dad check the roast with a meat thermometer? That's to make sure it's safely cooked. 3. Keep food clean—Wash your hands with hot water and soap before you fix food, and keep everything in the kitchen clean. Most food destroyers are "*wiped out*" by hot water and soap.

For answers to your food safety questions call the **USDA Meat and Poultry Hotline**, tollfree, at 1-800-535-4555.

For a free copy of "*A Quick Consumer Guide to Safe Food Handling*," write CIC, Dept. 531B, Pueblo, CO 81009.



# Health Information for Students and Their Families

## Junior Goodman-New Kid in the Kitchen

by Liz Lapping

Everyone in fourth grade knew Junior Goodman. He was famous for his peanut butter and jelly sandwiches!

But Junior had bigger plans—he wanted to cook the Thanksgiving turkey! His mother said he could help as long as he followed instructions. There was a lot to learn, she said, about keeping food safe from food poisoning. Rule Number 1 came up when they got their big turkey home. Mother asked Junior to put it in the refrigerator first thing. "Why?" he asked. Because, she said, germs—called bacteria—on the turkey can grow fast at room temperature. But the cold refrigerator slows their growth so people don't get sick.

The next day, Thanksgiving morning, Junior was up early. He ran downstairs to take the turkey out of the refrigerator. Mother said, "Okay, Rule Number 2 is always wash your hands in hot soapy water before you work with food. This washes away most of the germs on your hands that could get on food".

Mother washed the turkey too. She rinsed it in cold water, inside and out. She sprinkled it with the her special spice mix. Then she covered it to put back into the refrigerator.

Junior was excited, "I want to help," he said. "Careful," said Mother.

Junior jerked the heavy pan off the table. Oh no! It wasn't balanced. The turkey crashed out and skidded across the floor. They washed it again and then put it away.

Then things really started to get busy. Guests were ringing the door bell, and it was only 10 o'clock.

Mother was mixing the dressing. "Why didn't you stuff the turkey last night?" Junior asked, "It would have saved time."

Even in the refrigerator, Mother said, some germs can grow in stuffing inside a big bird. It doesn't get as cold in there.

So it's best to stuff a turkey just before you pop it in the oven. So that's what they did, and Rule Number 3... Mother put the meat thermometer in so she could be sure the turkey cooked to 185° F. At that high heat, any germs that were on the turkey should be killed.

The meal was nearly ready. The turkey smelled great. The pumpkin pie looked wonderful. Everything was perfect, right? Well, little Kevin, four, was exploring the house when he heard meowing coming from the basement. He opened the door and out bounced Space Invader, the cat. Spacey ran straight for the kitchen smells.

"Uh oh, Junior, better put Spacey back in the basement," Mother said, "He just wants to watch, Mom," said Junior. "Rule Number 4," laughed Mother, "is that pets carry germs that can get on food. So wash your hands after you put him away too."

When dinner was served that afternoon, everyone said Junior's first turkey was a great success!

Junior knew he'd learned some important food safety rules too. Can you match the rules with the reasons why?

**Matching.** Put the letter of the reason in front of each rule.

- \_\_1. Refrigerate fresh meat and poultry as soon as you get home from the store.
  - \_\_2. Wash your hands with hot water and soap before handling food.
  - \_\_3. Make sure fresh poultry cooks to 185° F on the inside.
  - \_\_4. Keep pets out the kitchen.
- a. To wash germs off your hands.
  - b. Germs die at these high temperatures.
  - c. Your cat may demand pizza.
  - d. Cold temperatures slow germ growth.
  - e. Pets carry all kinds of germs.

(Answer below upside-down.)

Answers 1-d, 2-a, 3-b, 4-e

For more information on food safety, call the USDA Meat and Poultry Hotline, tollfree, at 1-800-535-4555.

For a free copy of *A Quick consumer Guide to Safe Food Handling*, write CIC, Dept. 531B, Pueblo, CO 81009.

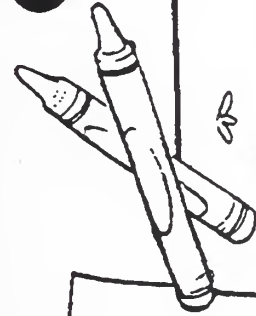




# Ranger Duck says: Don't let food germs that can make you sick spoil your summer fun!

2

Then color where this family is following the rules to keep food safe from summer heat and germs. Did you find the 3 places?



## CLUES

C- Don't use food in these if they are dented or bulge out.

A- If this comes from a stream or lake, boil it for drinking or use in cooking. Keep this and chicken COLD.

M-

P- Put the cooler in the shade before you go on

I- Pour water on this. Wait. Then stir the ashes to make sure it's out.

N- WASH them before you make or cook food!

G- Cook red meat until it's brown in the middle, chicken until juices run clear, fresh fish until it flakes on THIS.

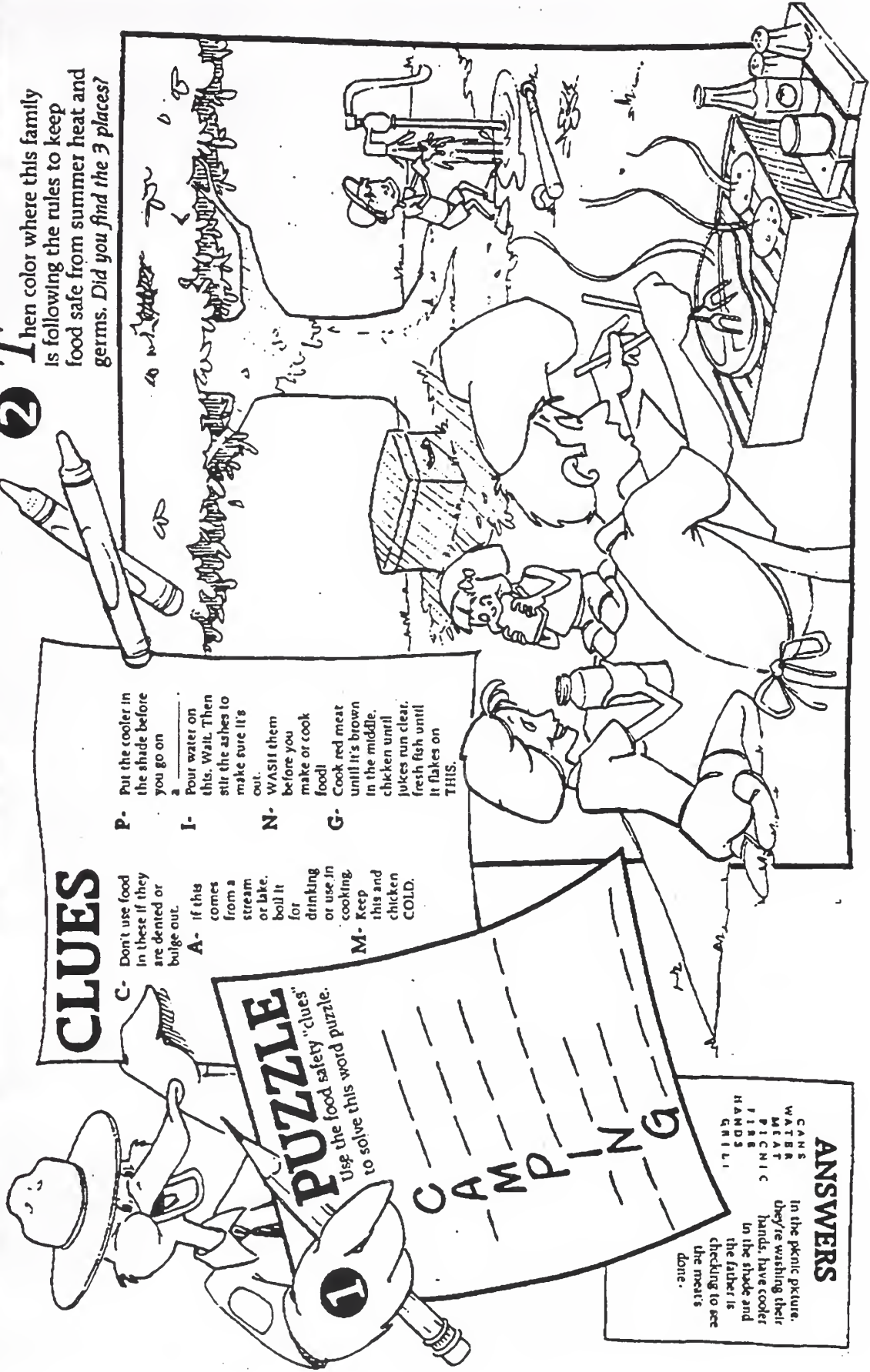
## PUZZLE

Use the food safety "clues" to solve this word puzzle.

C A M P I N G

**ANSWERS**

CANS in the picnic picture.  
WATER they're washing their  
MEAT hands, have cooler  
PICNIC in the shade and  
FISH the father is  
HANDS checking to see  
DRILL the meats  
done.



# Health Information for Students and Their Families

## Read Any Good Thermometers Lately?

By Hedy Ohrringer

At the end of the 1500's, scientist Galileo invented the first thermometer just for fun of it. It was a great invention but it was not accurate.

Since then thermometers have improved. They are accurate and there are many different kinds.

One type can be hung outside the house. You can watch the red line climb up when the sun hits it on a hot summer afternoon. You can also watch the red line drop when clouds hide the sun or a rainstorm cools things off. The red line rises when the hot sun heats the red alcohol in the thermometer. Heat makes the alcohol expand, so it rises up the tube. Cold shrinks things. The liquid drops down the tube when it gets cold.

A fever thermometer works the same way. When you have fever the heat from your body makes the silver liquid climb. The liquid is mercury.

To read a fever thermometer, look at the top of the thin silver line. Which notch is it closest to? What number is closest to that notch? That's your temperature. Today's digital thermometers are easy to read. Just look for the temperature in the box.

We need thermometers in the kitchen too. Why? Because many foods taste better cooked. And cooking to the right temperatures keeps food safe from food poisoning germs. Food poisoning can make you very sick like a bad case of flu. Does Huyen have a fever? Clue 98.6° F is a normal, healthy reading. Is the refrigerator safe for food? The next time you have a roast at home, use a meat thermometer to make sure it's done and safe from germs.

Before the roast goes into the oven, push the tip of the thermometer deep into the center. Don't let it touch bone.

Check thermometer when it's time to take the roast out. It should read 160° F for medium or 170° F for well-done.



**Learn to Read a Meat Thermometer.** The thermometer reads \_\_\_\_\_. Is this roast done?

Just as food poisoning germs are killed when food is cooked hot enough, they don't cause trouble on refrigerated food either. What germs like are outside temperatures or the temperatures of warm room.

You can use an appliance thermometer to make sure the refrigerator is working right. Put the thermometer on the top refrigerator shelf before you go to bed. Read it the next morning. A safe refrigerator should run at about 40° F.

Do you think Galileo guessed his thermometer would be so important?

**Temperature Checks.** Body—Huyen won't miss school today. 98.6° F is normal. Roast—130° F is not safe from germs. Cook it to 160° F. Refrigerator—40° F is safe.

**PARENTS, TEACHERS:** for details on thermometers, check your encyclopedia or library. For answers to your questions on food safety, call the USDA Meat and Poultry Hotline, tollfree, at 1-800-535-4555.

To order a free copy of "A Quick Consumer Guide to Safe Food Handling," write CIC, Dept. 531B, Pueblo, CO 81009.



**Take Your Own Temperature.** The thermometer reads \_\_\_\_\_.

**Check to See if You have a Safe, Cold Refrigerator.** The thermometer reads \_\_\_\_\_.



# Health Information for Students and Their Families

## "Just Look at Those Hands!"

You've heard it over and over again: *"Just look at those hands! Wash them!"*

Sure, you get tired of hearing it. And you probably get tired of washing up so often.

But if you knew—and if grown-ups knew—exactly why it's so important, hand washing would be *"number one"* on everyone's list of things to do.

You say you washed your hands this morning after you woke up? That's good. But now it's lunchtime. You mean you haven't washed your hands again? Once a day just isn't good enough—not if you want to keep harmful bacteria and other germs away! We all know human hands are wonderful things. They can clap and snap. They can hold a napping cat or stir soup in a vat.

But busy hands can also pick up dirt and germs. And these sneaky varmints love to play hide-and-seek.

Just look at the hands on this page. See the lines, cracks and wrinkles where dirt and germs hide. You can see even tinier nooks and crannies if you look at your own hand with a magnifying glass. It looks almost like

a sponge, doesn't it?

While you're looking, you may also see some dirt. But no matter how hard you look, you won't see any germs. That's because they are tiny creatures (micro-organisms) that can only be seen through a microscope.

Where do germs come from? They live everywhere. In fact, billions of them grow and live on your body every day. Their favorite hangouts are you hair, under your fingernails and in the small folds of your skin.

Most of these germs won't hurt you. In fact, you can't even get rid of many of them, no matter how hard you try.

But germs also come from the world around you, and some of these can hurt you. They can make you sick. Luckily, these are the sort you can do something about.

Do you know where your last cold came from? Scientists believe most people get colds and other illnesses by touching a sick person or touching something a sick person touched. That doesn't mean you shouldn't touch other people or things. And it doesn't mean you have to

wear gloves.

All you have to do is wash your hands.

Handwashing can also help you keep food safe. Let's say you're making lunch for your friends. If your dirty hands touch the food, germs could spread, grow and cause food poisoning.

So next time, don't just look at those hands—wash them! **Follow these hand washing tips:** Wash your hands often... After you go to the bathroom. If you touch a cut or sore. And always before you touch food. Also, wash your hands after you touch raw meat or poultry. They may carry harmful germs too. **Lather up with soap and warm water.** The suds scrub dirt and germs away. **Don't leave anything out.** Wash your hands front and back and between the fingers. Soap up your wrists too. And don't forget your fingernails. A good nail brush does the best job there. **Rinse well in warm water.** Those pesky germs will go down the drain!

To learn more about safe food handling call USDA's Meat and Poultry Hotline, tollfree, at 1-800-535-4555.



For a free copy of "A Quick Consumer Guide to Safe Food Handling," write CIC, Dept. 531B, Pueblo, CO 81009.

# Health Information for Students and Their Families

## What Leeuwenhoek Saw

by Mary Ann Parmley

Wouldn't it be fun to discover whole new worlds? But what if other people didn't believe you? What if they thought you were making it up?

That's happened to Anton van Leeuwenhoek (Lay-ven-hook). He first looked through a microscope and found a new world of tiny moving creatures. He called them "animalcules."

But when Anton tried to tell his neighbors about it some of them thought he was a magician. Others thought he was crazy. Only a few leading scientists of the time believed him.

Of course that was 300 years ago in the town of Delft, Holland. The smallest animals anyone had ever heard of in 1647 were bed lice that bit at night.

And here was this crazy storekeeper Anton—not even a professor who wrote Latin—saying there were animals smaller than you could imagine. Animals so small that thousands of them would fit into a grain of sand. Some of the tiny creatures Anton saw were single-celled animals we now call protozoa (pro-toe-zo-uh). Others were bacteria. How could Anton see these things? Through the microscopes he invented which worked like "super eyes."

Anton made his microscopes by putting a tiny glass magnifying lens between two plates. (See the drawing.)

His microscopes worked like powerful magnifying glasses. A magnifying glass makes what you put under it look about 10 times big-

ger. Anton's early microscopes made things appear about 300 times bigger.

Today a home microscope enlarges what you're looking at about 400 times.

So today we know about thousands and thousands of "animalcules." We have identified lots of bacteria, and we're learning more about viruses—which are even smaller—all the time. People keep studying these tiny things because they are important. Why? One reason is that they can make you sick.

The last time you had the flu, a virus probably made you sick. And the last time you had a sore throat, a bacteria probably caused it. If you sneeze when you come out of a damp basement, a tiny mold spore could be making you allergic.

Certain kinds of bacteria are also food poisoners. If you eat food

that wasn't kept cold or food that hasn't been cooked long enough, you can get food poisoning.

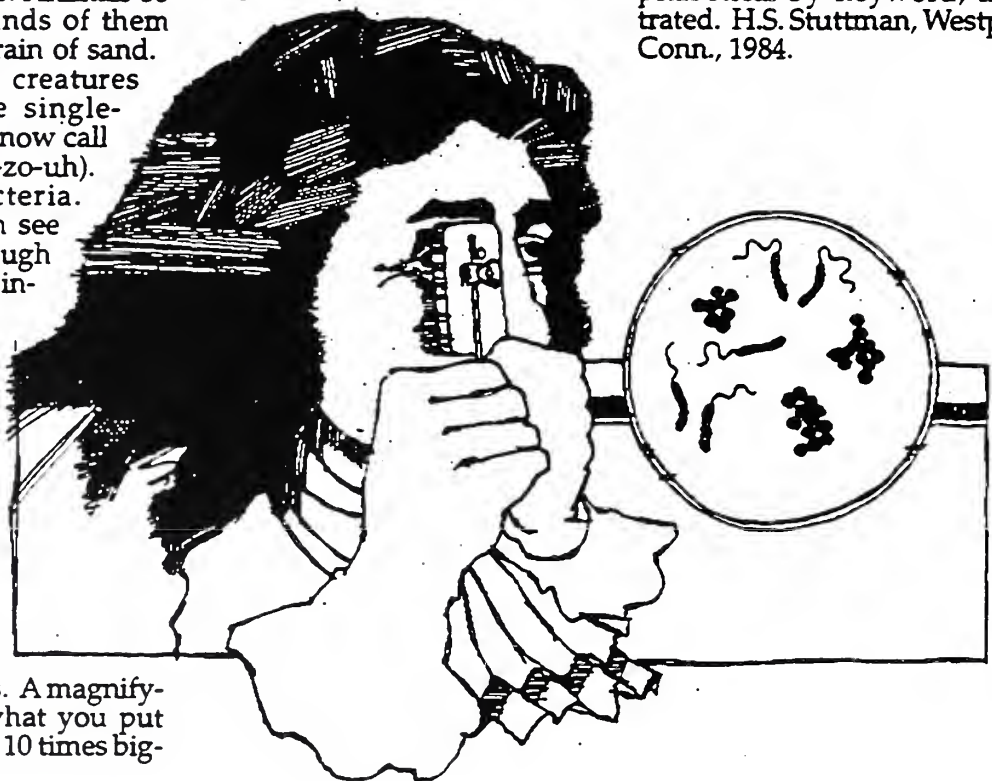
### READ MORE!

Check the children's section of your local library for these and other excellent books on early microscopes and the discovery of the microbial world.

*On Leeuwenhoek: Discoverer of the Unseen World*, Payne World Publishing, Cleveland, 1966  
*Microbe Hunters* De Kruif Harcourt, Brace, New York 1953

*On microscopes: Introduction to Biology* Chisholm & Beeson. Usborne Publishing, London, 1984

Children's science, general: *Growing up with Science* Children's encyclopedia set. Alphabetical by keyword, illustrated. H.S. Stuttman, Westport, Conn., 1984.





# Food Guide Pyramid

## A Guide to Daily Food Choices

Fats, Oils, & Sweets  
**USE SPARINGLY**

### KEY

◻ Fat (naturally occurring and added)

◻ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5 SERVINGS**

Fruit  
Group  
**2-4 SERVINGS**

Bread, Cereal,  
Rice, & Pasta  
Group  
**6-11 SERVINGS**

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Use the Food Guide Pyramid to help you eat better every day...the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

To order a copy of "The Food Guide Pyramid" booklet, send a \$1.00 check or money order made out to the Superintendent of Documents to: Consumer Information Center, Department 159-Y, Pueblo, Colorado 81009.

U.S. Department of Agriculture, Human Nutrition Information Service, August 1992, Leaflet No. 572

# How to Use The Daily Food Guide

## What counts as one serving?

### Breads, Cereals, Rice, and Pasta

1 slice of bread  
1/2 cup of cooked rice or pasta  
1/2 cup of cooked cereal  
1 ounce of ready-to-eat cereal

### Vegetables

1/2 cup of chopped raw or cooked vegetables  
1 cup of leafy raw vegetables

### Fruits

1 piece of fruit or melon wedge  
3/4 cup of juice  
1/2 cup of canned fruit  
1/4 cup of dried fruit

### Milk, Yogurt, and Cheese

1 cup of milk or yogurt  
1-1/2 to 2 ounces of cheese

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-1/2 to 3 ounces of cooked lean meat, poultry, or fish  
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

### Fats, Oils, and Sweets

**LIMIT CALORIES FROM THESE**  
especially if you need to lose weight

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

## How many servings do you need each day?

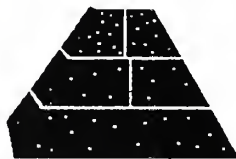
	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	**2-3	**2-3	**2-3
Meat group	2, for a total of 5 ounces	2, for a total of 6 ounces	3 for a total of 7 ounces

\*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

\*\*Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

## A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.



Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group, or french fries from the vegetable group. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.

# La Guía Pirámide de Alimentos

Una Guía Para la Selección Diaria de Alimentos

# Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils & Sweets  
**USE SPARINGLY**

Grasas, Aceites y Dulces  
**USELOS CON MODERACION**



Milk, Yogurt & Cheese  
Group  
**2-3 SERVINGS**

Grupo de Leche,  
Yogurt y Queso  
**2-3 PORCIONES**

Vegetable Group  
**3-5 SERVINGS**

Grupo de Verduras/  
Vegetales  
**3-5 PORCIONES**

## KEY (CLAVE)

 Fat (naturally occurring and added)  Sugars (added)  
Grasas (naturales y agregadas) Azúcares (agregados)

These symbols show fat and added sugars in foods.

Estos símbolos indican grasas y azúcares agregados en alimentos.

Meat, Poultry, Fish,  
Dry Beans, Eggs  
& Nuts Group  
**2-3 SERVINGS**

Grupo de Carne, Aves, Pescado,  
Frijoles Secos, Huevos y Nueces  
**2-3 PORCIONES**

Fruit Group  
**2-4 SERVINGS**

Grupo de Frutas  
**2-4 PORCIONES**

Bread, Cereal,  
Rice & Pasta Group  
**6-11 SERVINGS**

Grupo de Pan,  
Cereal,  
Arroz y Pasta  
**6-11 PORCIONES**

Source: U.S. Department of Agriculture/U.S.  
Department of Health and Human Services

**Nota:** La Guía de Alimentos fue desarrollada para personas saludables de dos años en adelante que consumen una dieta estadounidense típica. Los estudios aún continúan para determinar si son necesarios algunos cambios para personas cuya alimentación es diferente.

**Note:** The Food Guide was developed for healthy people 2 years of age and older who eat a typical American diet. Research is underway to see if changes need to be made for people who eat differently.





**¿Qué se considera una porción de estos alimentos?**

**Panes, Cereales, Arroz y Pastas**

- 1 rebanada de pan
- 1 tortilla (7 pulgadas)
- 1 onza de cereal listo-para-comer
- 1/2 taza de cereal, arroz o pasta (cocidos)

**Verduras/Vegetales**

- 1 taza de verduras/vegetales de hoja (crudos)
- 1/2 taza de otras verduras/vegetales (cocidos o crudos y picados)
- 3/4 taza de jugo de verduras/vegetales

**Frutas**

- 1 manzana, banana (plátano, guineo) o naranja mediana
- 1/2 taza de fruta cocida o envasada (picada)
- 3/4 taza de jugo de fruta

**Leche, Yogurt y Queso**

- 1 taza de leche o yogurt
- 1-1/2 onzas de queso fresco o natural
- 2 onzas de queso procesado

**Carne, Aves, Pescado, Frijoles Secos, Huevos y Nueces**

- 2-3 onzas de carne, aves o pescado bajos en grasa (cocidos)
- 1/2 taza de frijoles/habichuelas (cocidos)
- 1 huevo o
- 2 cucharadas de mantequilla (crema) de cacahuete (maní)
- = 1 onza de carne

**What counts as a serving for these foods?**

**Breads, Cereals, Rice & Pasta**

- 1 slice of bread
- 1 7-inch tortilla
- 1 ounce of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice or pasta

**Vegetables**

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables, cooked or chopped raw
- 3/4 cup of vegetable juice

**Fruit**

- 1 medium apple, banana or orange
- 1/2 cup of chopped, cooked or canned fruit
- 3/4 cup of fruit juice

**Milk, Yogurt and Cheese**

- 1 cup of milk or yogurt
- 1-1/2 ounces of natural cheese
- 2 ounces of process cheese

**Meat, Poultry, Fish, Dry Beans, Eggs and Nuts**

- 2-3 ounces of cooked lean meat, poultry or fish
- 1/2 cup of cooked dry beans,
- 1 egg or
- 2 tablespoons of peanut butter
- = 1 oz of meat

¿Cuántas porciones de estos alimentos necesitamos cada día?

	Mujeres y algunas personas mayores	Niños, mujeres adolescentes, mujeres activas y la mayoría de los hombres	Varones adolescentes y hombres activos
Grupo de Panes	6	9	11
Grupo de Verduras/Vegetales	3	4	5
Grupo de Frutas	2	3	4
Grupo de Leche	2-3*	2-3*	2-3*
Grupo de Carnes	2	2	3

\*La mujer embarazada o lactante, los adolescentes y los adultos jóvenes hasta los 24 años necesitan 3 porciones diarias.

*He oído hablar de muchos tipos de grasas. ¿Cuáles son?*

Hay tres tipos principales de grasas: las SATURADAS, las MONODESATURADAS y las POLIDESATURADAS. Todas las grasas contienen una mezcla de estos diferentes tipos.

Las **GRASAS SATURADAS** son el tipo principal que encontramos en la carne, las aves, los productos lácteos, la grasa animal y también en los aceites vegetales como los de palma (*palm oil*, *palm kernel oil*) y el de coco (*coconut oil*).

Las **GRASAS MONODESATURADAS** son el tipo principal que encontramos en el aceite de oliva (*olive oil*), en el de maní (*peanut oil*) y en el llamado *canola oil*.

Las **GRASAS POLIDESATURADAS** son el tipo principal que encontramos en el aceite de cártamo (*safflower oil*), el de maíz (*corn oil*) y de soya (*soybean oil*). Este tipo de grasa se encuentra también en algunos pescados.

*How many servings do my family and I need each day?*

	Women & some older adults	Children, teen girls, active women, most men	Teen boys and active men
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	2-3*	2-3*	2-3*
Meat Group	2	2	3

\*Women who are pregnant or breast feeding, teenagers and young adults to age 24 need 3 servings.

*I've heard there are many types of fat. What are they?*

There are three main types of fat—SATURATED, MONOUNSATURATED and POLYUNSATURATED. All fats contain mixtures of these types.

**SATURATED FAT** is the main type found in meat, poultry, dairy products, lard and vegetable oils such as palm, palm kernel and coconut oil.

**MONOUNSATURATED FAT** is the main type found in olive, peanut and canola oil.

**POLYUNSATURATED FAT** is the main type found in safflower, corn and soybean oil. It is also found in some fish.



# F

## OCUS ON...

FOOD SAFETY AND  
NUTRITION FOR TEENS







# Health Information for Students and Their Families

## KEEP YOUR FOOD

**SAFE**—Shopping,  
Storage and Cooking  
Tips

By Liz Lapping

Food that goes bad can make you sick. This is called food poisoning.

Sometimes when people think they have the "flu" or a "stomach bug," they really have food poisoning.

What makes food go bad? Germs. They get on foods and grow. You cannot see germs on food.

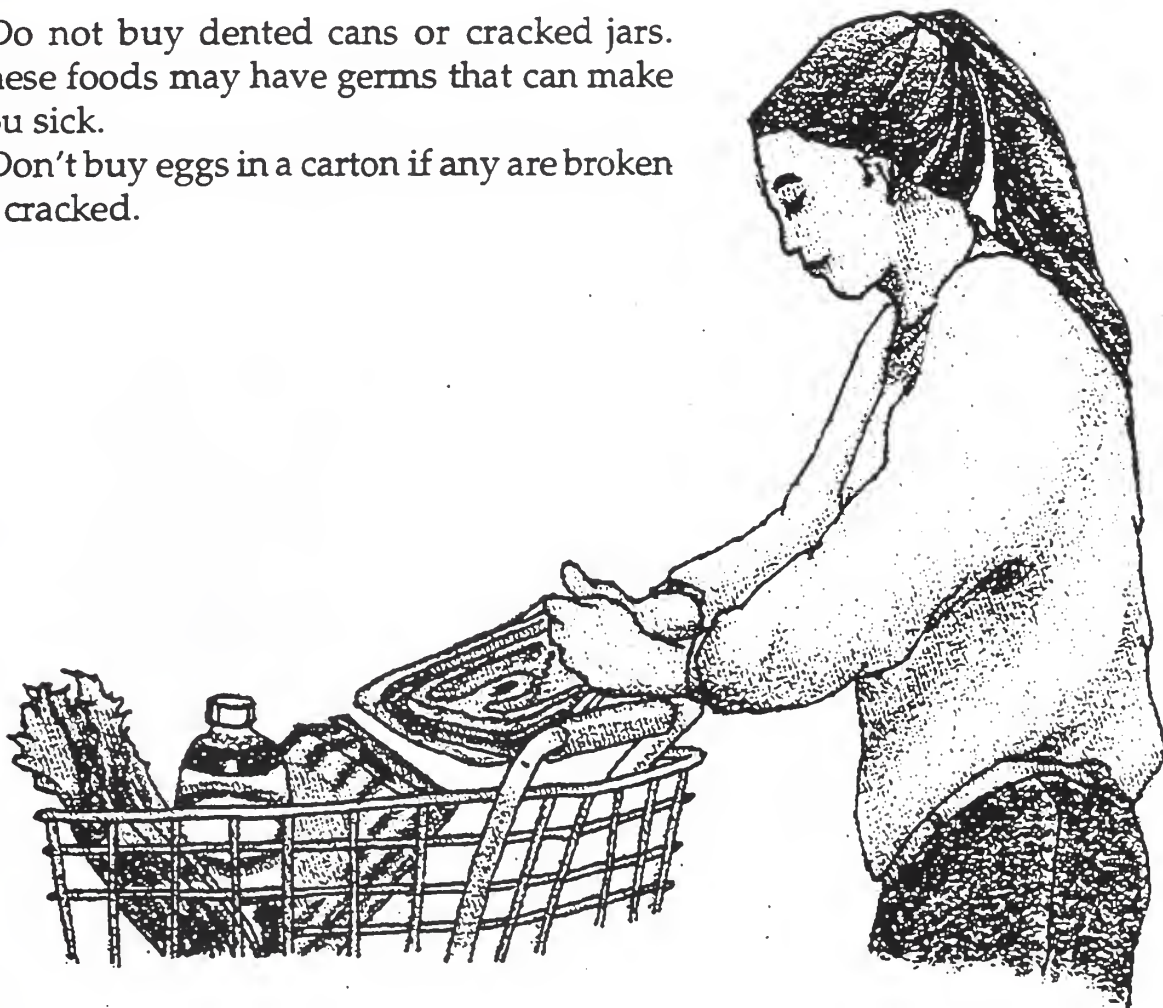
You cannot always smell or taste them either. Some foods that germs

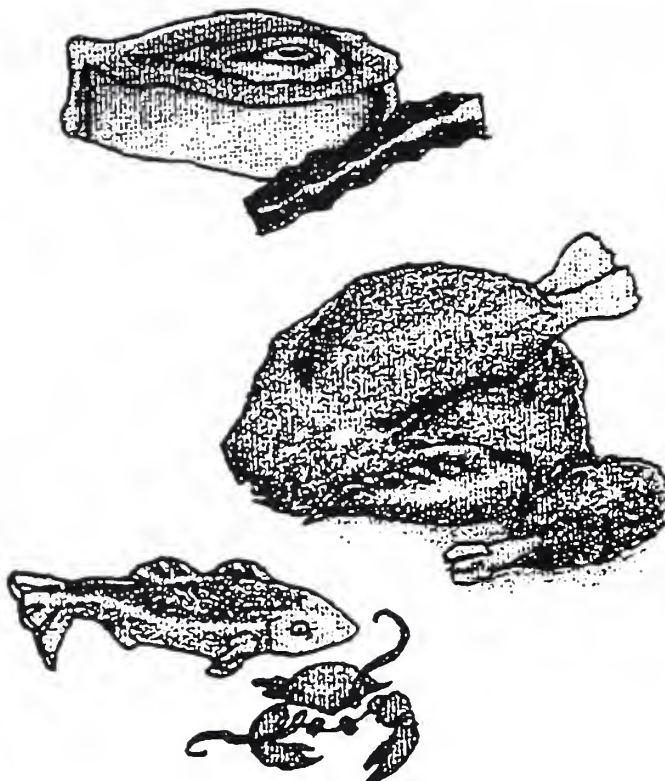
like best are milk and other dairy products, eggs, meat, poultry and seafood. You can keep food safe by buying safe food and keeping it safe at home.

## SAFE FOOD AT THE STORE

Do not buy dented cans or cracked jars. These foods may have germs that can make you sick.

Don't buy eggs in a carton if any are broken or cracked.





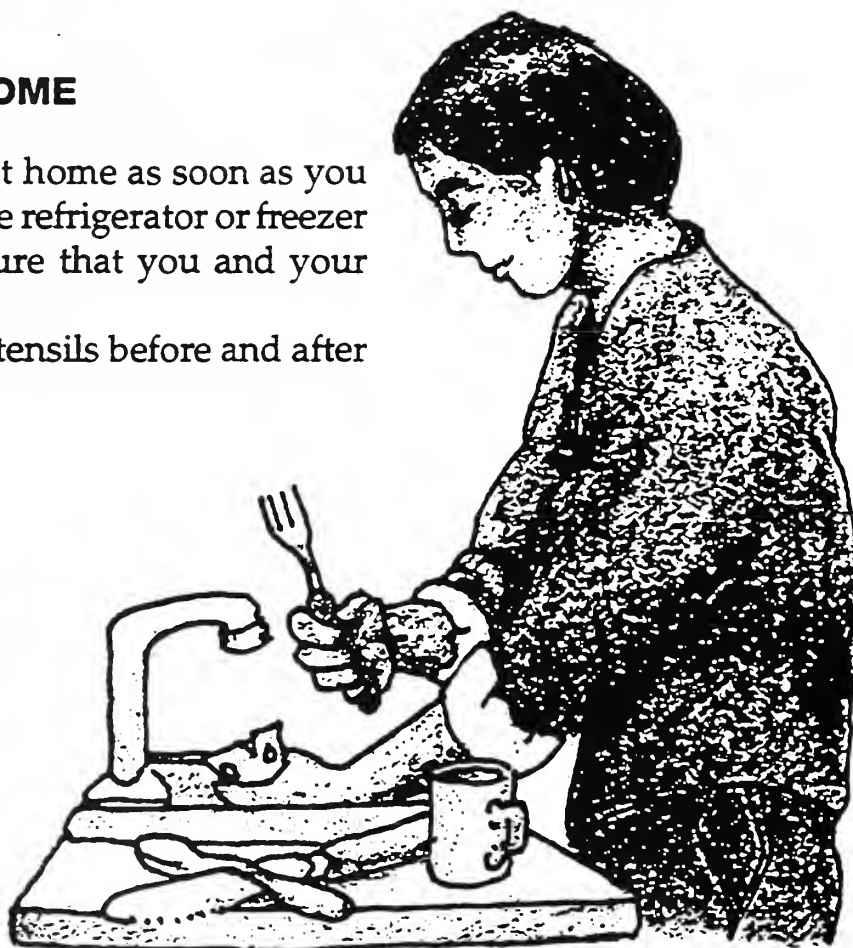
Raw meat, poultry and seafood sometimes drip. The juices that drip may have germs. Put raw meat, poultry and seafood into plastic bags before they go into your cart.

Pick up milk and other cold foods last. This will give them less time to warm up before you get home.

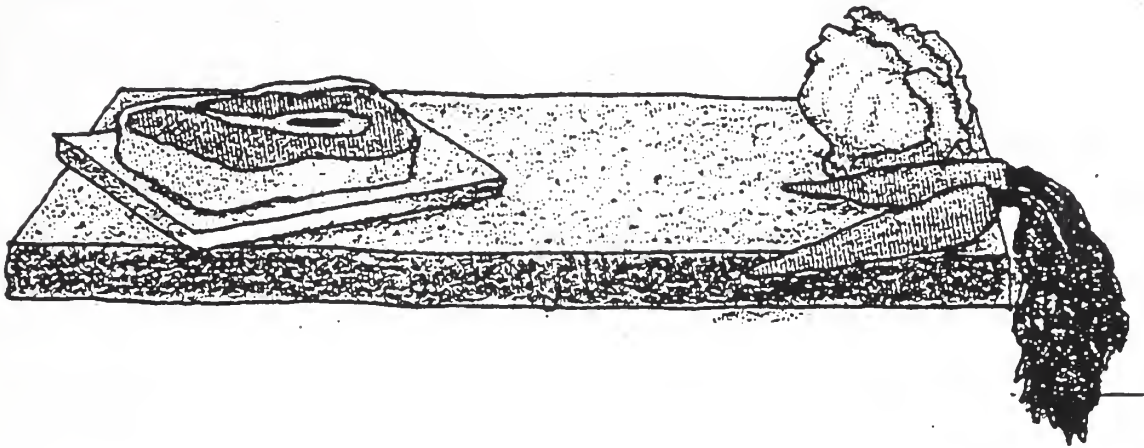
## SAFE FOOD AT HOME

After shopping, get home as soon as you can. Put food into the refrigerator or freezer right away. Make sure that you and your kitchen are clean.

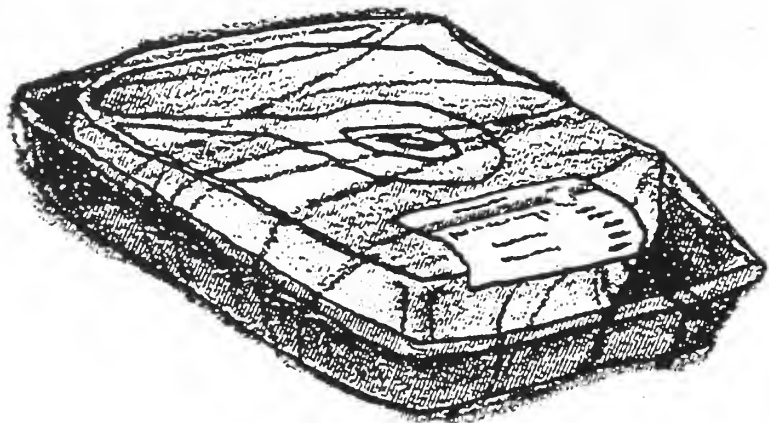
Wash hands and utensils before and after they touch food.



Wood cutting boards are very hard to clean. Germs hide in the cracks. Use a plastic cutting board instead.



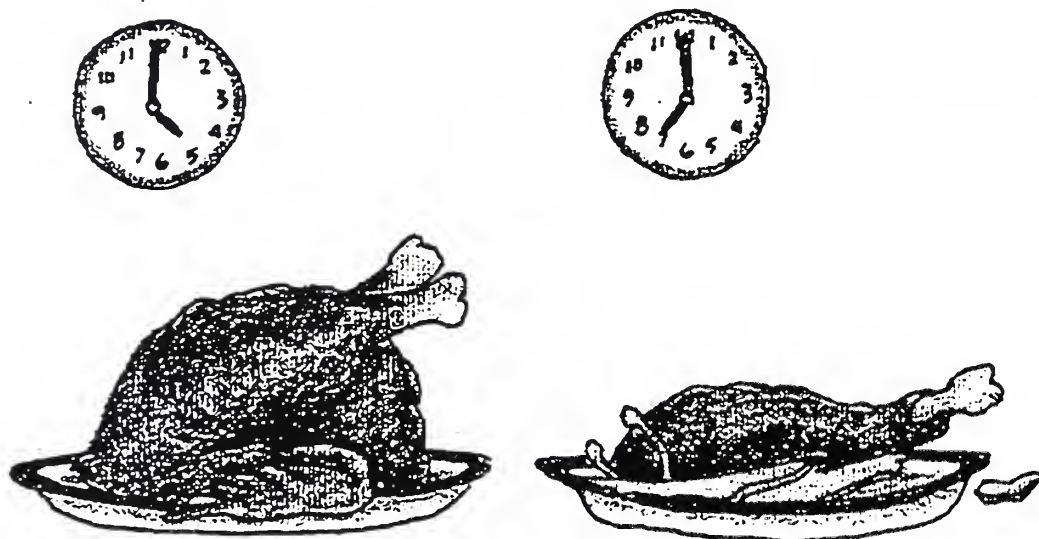
Keep the juices from raw meat, raw poultry and raw seafood away from other foods since the juices have germs. Meat, poultry and seafood need to stay cold while they thaw. Thaw them in the refrigerator 1 or 2 days before you will cook the food, or in the microwave using the "defrost" setting. Cook the food right away.





Raw meat, raw poultry, raw seafood and raw eggs can make you sick. Cook them until they are done.

- Cooked red meat looks brown inside.
- Cooked egg whites and yolks are firm, not runny.
- Poke cooked chicken with a fork. The juices should look clear, not pink.
- Put leftovers in the refrigerator or freezer within 2 hours after eating. Eat the left overs in the next few days, before they go bad.
- Dig a fork into cooked fish. The fish should flake.



*Remember, if you think a food might be bad, do not taste it.*

**WHEN IN DOUBT, THROW IT OUT!**

For other questions about food safety, call the **USDA Meat and Poultry Hotline** at 1-800-535-4555. The Hotline is open from 10 a.m. to 4 p.m., Eastern Time, Monday through Friday. Washington, DC area residents should dial (202) 720-3333.

\* Adapted from *Keep Your Food Safe*, a U.S. Food and Drug Administration (FDA) publication.

# **MANTENGA SANOS LOS ALIMENTOS**

## **Ideas para comprar, guardar y cocinar alimentos\***

por Liz Lapping

**L**os alimentos contaminados pueden enfermarle. Esto se conoce como una intoxicación o envenenamiento con comida.

A veces cuando uno cree que tiene "el flú" o "una indigestión", realmente se ha intoxicado con lo que comió.

¿Qué ocasiona que los alimentos se dañen? Los gérmenes. Estos entran a los alimentos y crecen. Usted no puede ver los gérmenes en los alimentos. A

veces tampoco puede olerlos o probarlos.

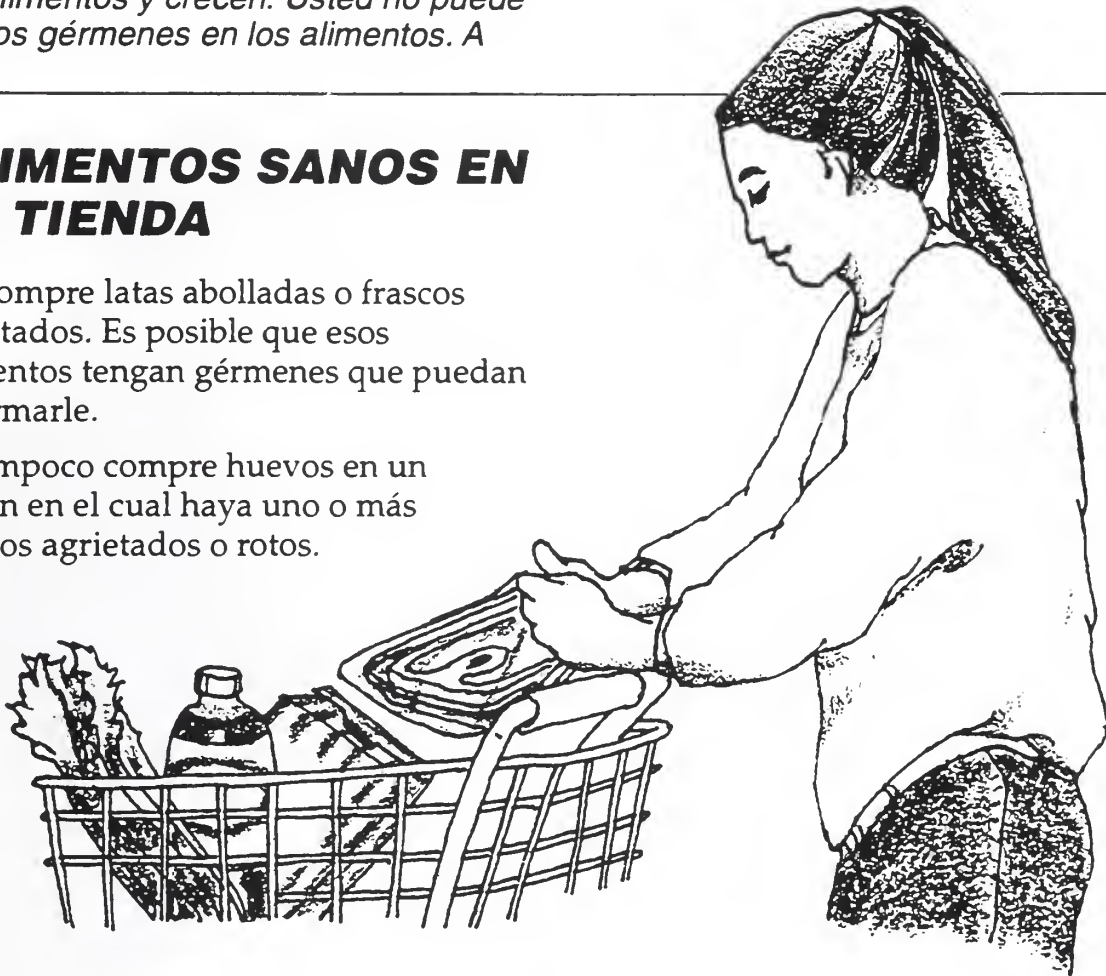
Algunos de los alimentos preferidos por los gérmenes son la leche y otros productos lácteos, los huevos, las carnes, las aves, y los mariscos.

Usted puede mantener sus alimentos sanos si los compra en buen estado y los mantiene sanos en su casa.

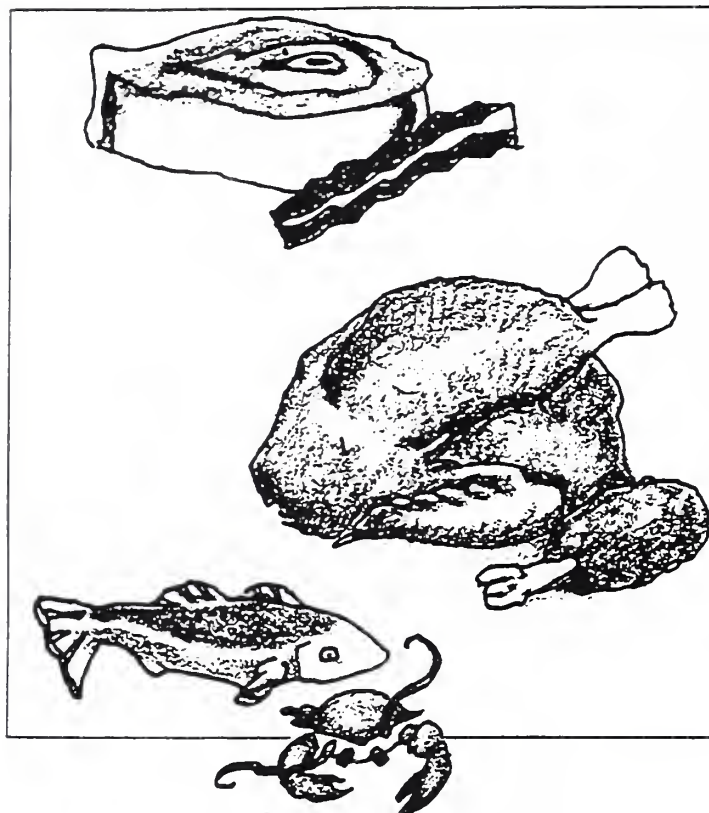
### **ALIMENTOS SANOS EN LA TIENDA**

No compre latas abolladas o frascos agrietados. Es posible que esos alimentos tengan gérmenes que puedan enfermarle.

Tampoco compre huevos en un cartón en el cual haya uno o más huevos agrietados o rotos.



\* Adaptado de ¡Goce de Buena Salud - Proteja los Alimentos!, una publicación de la Administración Federal de Alimentos y Drogas (FDA)



A veces la carne, las aves y los mariscos gotean cuando aún están crudos. Es posible que el jugo o líquido que sueltan contenga gérmenes. Coloque las carnes, las aves y los mariscos crudos en sacos plásticos antes de ponerlos con los otros alimentos que va a comprar.

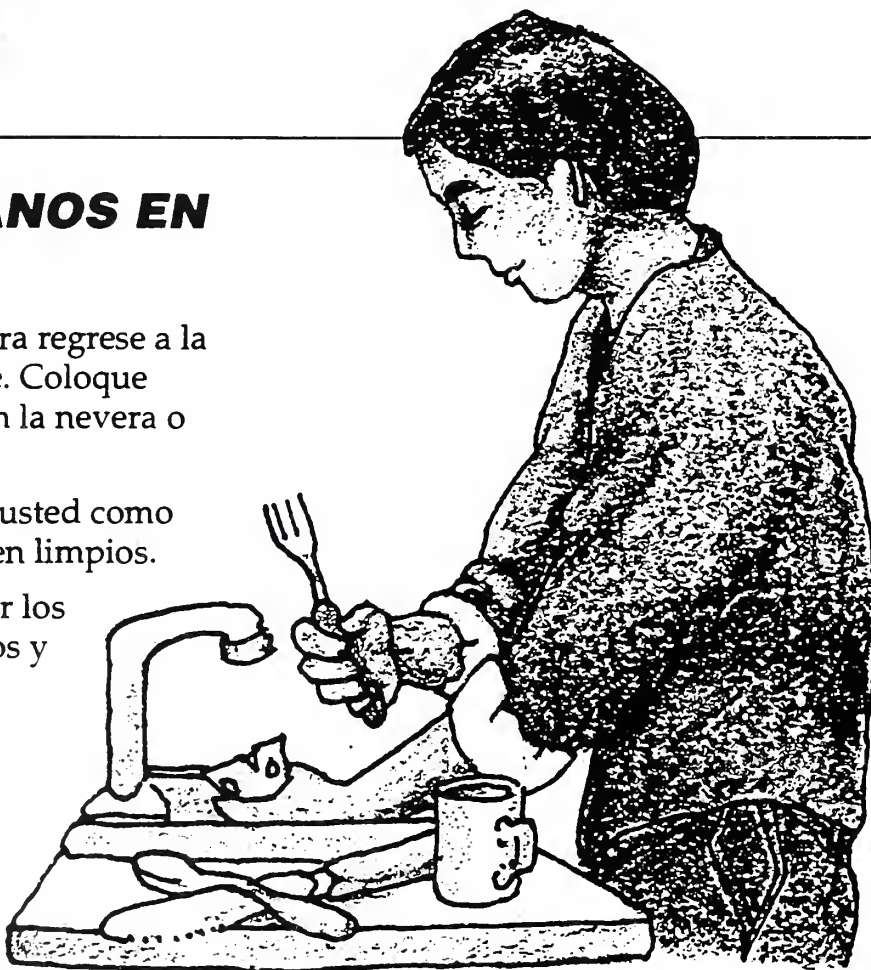
Seleccione la leche y otros alimentos fríos al final de su compra. Así se mantendrán frescos hasta que llegue a su casa.

## **ALIMENTOS SANOS EN SU HOGAR**

Después de hacer la compra regrese a la casa lo más pronto posible. Coloque enseguida los alimentos en la nevera o el congelador.

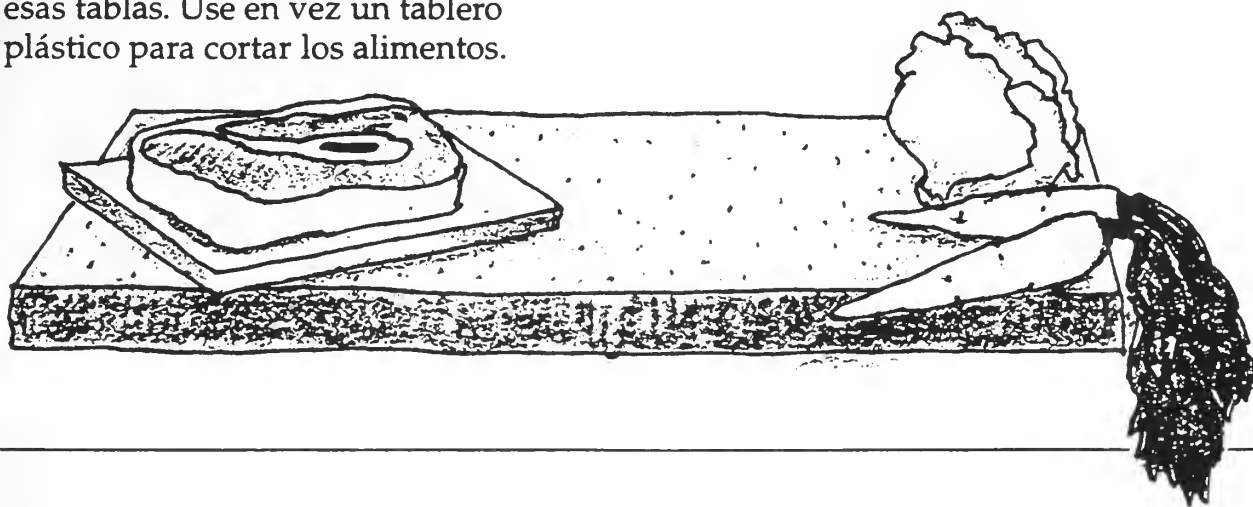
Asegúrese de que tanto usted como su cocina se mantienen bien limpios.

Antes y después de tocar los alimentos, lávese las manos y lave los utensilios.

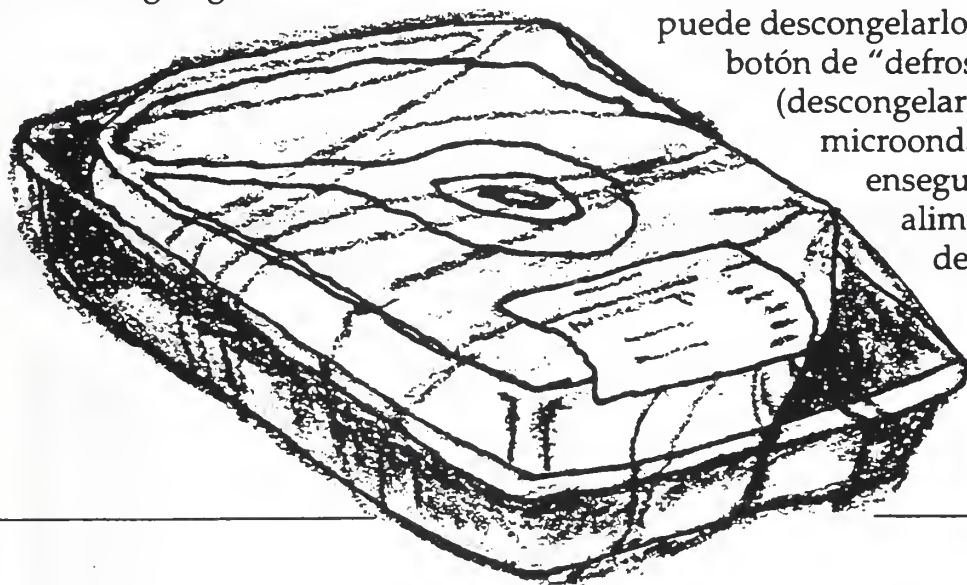




Es muy difícil limpiar las tablas para cortar que son de madera. Los gérmenes se esconden en las grietas de esas tablas. Use en vez un tablero plástico para cortar los alimentos.



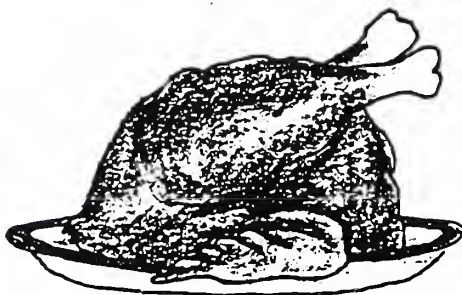
No permita que los jugos de las carnes crudas, las aves crudas y los mariscos sin cocinar toquen otros alimentos ya que es posible que esos jugos contengan gérmenes.



Al descongelar carnes, aves y mariscos es necesario mantenerlos refrigerados. Si estaban congelados, déjelos en el refrigerador por uno o dos días antes de cocinarlos. Si lo prefiere, puede descongelarlos usando el botón de "defrost" (descongelar) en el microondas. Cocine enseguida cualquier alimento que se descongele.

Los alimentos crudos como carnes, aves y mariscos pueden enfermarle. Cocínelos hasta que estén bien hechos.

- La carne roja se ve color marrón después de cocida.
- Pinche el pollo cocido con un tenedor. El jugo que sale debe verse bien claro, no rosado.
- Si cocina pescado, pínchelo con un tenedor. Si se separa en escamas, está listo.



- Las yemas y claras de los huevos deben estar firmes, no líquidas o blandas.
- Si algo sobra, póngalo en el refrigerador dentro de dos horas después de servido. Consuma lo que sobre en los próximos 3-4 días antes de que el alimento se dañe.

*Recuerde, si usted cree o sospecha que un alimento está dañado, ni siquiera lo pruebe.*

***Cuando tenga alguna duda, bote el alimento.***

Si interesa un ejemplar gratis de la publicación ¡Goce de Buena Salud — Proteja los Alimentos!, escriba a:

FDA  
Rm. 15A19 HFI40  
5600 Fishers Lane  
Rockville, Md. 20857. ✚

# CONSUMER GUIDELINES

## COLD STORAGE TIMES GROUND MEAT AND GROUND POULTRY

### Refrigerator (40° F or below)

Product	Days
Uncooked ground meat and ground poultry (bulk or patties)	1 to 2
Cooked ground meat and ground poultry (hamburgers, meat loaf and dishes containing ground meats)	3 to 4

### Freezer (0° F or below)

Product	Months
Uncooked ground meat and ground poultry (bulk or patties)	3 to 4
Cooked ground meat and ground poultry (hamburgers, meat loaf and dishes containing ground meats)	2 to 3

## INTERNAL TEMPERATURES FOR SAFE COOKING

Product	Temperature
Uncooked ground meat	160° F
Uncooked ground poultry	165° F
All cooked leftovers, reheated	165° F

Food Marketing Institute and American Meat Institute  
800 Connecticut Avenue, N.W.  
Washington, DC 20006

Developed by

Post Office Box 3556  
Washington, DC 20007

in cooperation with

National Live Stock & Meat Board  
444 N. Michigan Avenue  
Chicago, IL 60611

U. S. Department of Agriculture  
Food Safety and Inspection Service  
Extension Service  
14th Street & Independence Avenue, S.W.  
Washington, DC 20250

Food and Drug Administration  
5600 Fishers Lane  
Rockville, MD 20857

For more information about the safe handling and preparation of ground meat and ground poultry, call  
USDA's Meat and Poultry Hotline  
toll-free at:

1-800-535-4555

10:00 a.m. to 4:00 p.m. Eastern time,  
Monday through Friday

or contact your local Cooperative Extension Service Office

Bacteria are part of our environment. Where there is food there may be bacteria. Proper food handling and cooking is the best way to prevent foodborne illness.

Generally, most at risk for developing foodborne illness are children, the elderly and those who have chronic illnesses or compromised immune systems.

ILLUSTRATOR SUSIE DUCKWORTH



# COOL IT!



Go for a walk?  
I'd love to.  
But first, let me put my  
groceries away.

Cool meat and ground poultry are more perishable than most foods. In the danger zone between 40° and 140° F, bacteria can multiply rapidly. Since you can't see, smell or taste bacteria, keep the products cold to keep them safe.

## Safe Handling

- Choose ground meat packages that are cold and tightly wrapped. The meat surface exposed to air will be red; interior of fresh meat will be dark.
- Put refrigerated and frozen foods in your grocery cart last and make the grocery store your last stop before home.
- Pack perishables in an ice chest if it will take you more than an hour to get home.
- Place ground meat and ground poultry in the refrigerator or freezer immediately.
- Defrost frozen ground meats in the refrigerator—never at room temperature. If microwave defrosting, cook immediately.

## Safe Storage

- Set your refrigerator at 40° F or colder and your freezer at 0° F or colder.
- Keep uncooked ground meat and ground poultry in the refrigerator; cook or freeze within 1 to 2 days.
- Use or freeze cooked meat and poultry stored in the refrigerator within 3 to 4 days.

# COOK IT!



Let's make sure  
this cooked ground meat  
has no more pink!

Cooking kills harmful bacteria. Be sure ground meat and ground poultry are cooked thoroughly.

## Cook it safely

- The center of patties and meat loaf should not be pink and the juices should run clear.
- Crumbled ground meats should be cooked until no pink color remains.
- Ground meat patties and loaves are safe when they reach 160° F in the center; ground poultry patties and loaves, 165° F.

## Cook it evenly

- During broiling, grilling, or cooking on the stove, turn meats over at least once.
- When baking, set oven no lower than 325° F.
- If microwaving, cover meats. Midway through cooking, turn patties over and rotate the dish; rotate a meat loaf; and stir ground meats once or twice. Let microwaved meats stand to complete cooking process.

After cooking, refrigerate leftovers immediately.

Separate into small portions for fast cooling.

To reheat all leftovers, cover and heat to 165° or until hot and steaming throughout.

# CLEAN IT!

Keep EVERYTHING clean—hands, utensils, counters, cutting boards and sinks. That way, your food will stay as safe as possible.

- Always wash hands thoroughly in hot soapy water before preparing foods and after handling raw meat.
- Don't let raw meat or poultry juices touch ready-to-eat foods either in the refrigerator or during preparation.
- Don't put cooked foods on the same plate that held raw meat or poultry.
- Wash utensils that have touched raw meat with hot, soapy water before using them for cooked meals.

Stop! Let me  
bring you a clean plate  
before you take the meat  
out of the pan.

- Wash counters, cutting boards and other surfaces raw meats have touched. And don't forget to keep the inside of your refrigerator clean.



.....

## RECOMENDACIONES PARA EL CONSUMIDOR

### PERIODO DE REFRIGERACION PARA LA CARNE MOLIDA DE RES Y LA DE AVES

**El refrigerador (40° F o más baja.)**

Producto	Días
Carne molida de res y de aves cruda, a granel o en hamburguesa	1 a 2
Carne cocida de res y de aves (hamburguesas, "mealloaf" y otras recetas que contienen carne molida)	3 a 4

**El congelador (0° F o más baja)**

Producto	Meses
Carne molida de res y de aves cruda, a granel o en hamburguesa	3 a 4
Carne cocida de res y de aves (hamburguesas, "mealloaf" y otras recetas que contienen carne molida)	2 a 3

.....

### TEMPERATURAS INTERNAS PARA COCINAR SIN PELIGRO

Producto	Temperatura
Carne de res molida y cruda	160° F
Carne de aves molida y cruda	165° F
Productos cocidos recalentados	165° F

.....

Producida por

**Food Marketing Institute and American Meat Institute**  
800 Connecticut Avenue, N.W.  
Washington, DC 20006

Post Office Box 3556  
Washington, DC 20007

En colaboración con

**National Live Stock & Meat Board**  
444 N. Michigan Avenue  
Chicago, IL 60611

**U. S. Department of Agriculture**  
Food Safety and Inspection Service  
Extension Service  
14th Street & Independence Avenue, S.W.  
Washington, DC 20250

**Food and Drug Administration**  
5600 Fishers Lane  
Rockville, MD 20857

Para más detalles

sobre el manejo sanitario y la preparación de carne molida de res y de  
aves, llame gratis a la línea telefónica de emergencia del USDA al:

**1-800-535-4555**

10:00-4:00 de la tarde (horario del este),  
de lunes a viernes o comuníquese con la oficina más cercana de  
Cooperative Extension Service Office

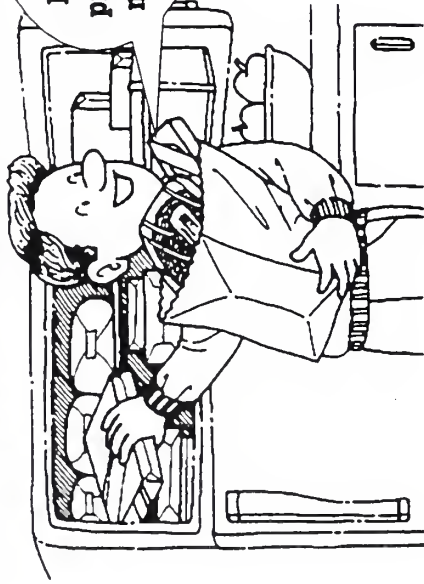
Las bacterias son parte de nuestro medio ambiente.  
Donde hay comida puede haber bacteria. Para evitar enfermedades  
producidas en los alimentos, se debe manejar la comida  
correctamente. Generalmente, los niños, las personas mayores de  
edad, las que padecen de enfermedades crónicas y las que tienen  
el sistema inmune delicado son las que corren mayor riesgo de  
desarrollar enfermedades producidas en los alimentos.

Manual para el  
Consumidor  
para la  
Preparación  
Saludable  
de

CARNE  
MOLIDA  
DE RES  
Y  
DE AVES



## LA REFRIGERACION



- Consuma o congele la carne cocida que ha sido mantenida en el refrigerador por un máximo de 3 ó 4
- Para conservar mejor la carne molida cruda, guárdela en el congelador por un máximo de 3 ó 4 meses; la carne cocida por un máximo de 2 ó 3 meses.

## LA LIMPIEZA

Mantenga todo limpio—las manos, los utensilios, el mostrador, los tableros de cortar y el lavadero. De esa forma sus alimentos permanecerán lo más sanos posibles.

- Siempre lávese las manos con agua caliente y con jabón antes de preparar los alimentos y después de manejar carnes crudas.
- No permita que el jugo de la carne cruda se mezcle con otros alimentos durante la preparación o mientras éstos están en el refrigerador.
- No ponga los alimentos cocidos en el mismo plato donde hubo carne cruda.
- Lave con agua caliente y jabón todos los utensilios que haya usado para preparar la carne cruda antes de usarlos otra vez en las carnes cocidas.
- Lave bien el mostrador, el tablero de cortar y otras superficies donde haya puesto la carne cruda. Y no se olvide de mantener limpio el interior del refrigerador.

### Manejo Seguro

- Elija los paquetes de carne molida que estén frescos y bien empacados. La superficie de la carne expuesta al aire será roja y el interior de la carne será más oscuro.
- Recoja los alimentos congelados y los que requieren refrigeración al final de su compra antes de pagar. Su visita al mercado debe ser su última parada antes de ir a la casa.
- Ponga los alimentos que se pueden deteriorar, en una caja con hielo si tarda más de una hora en regresar a su casa.
- Guarde la carne molida de res y de aves en el refrigerador o congelador inmediatamente.
- Descongele la carne molida dentro del refrigerador, nunca a temperatura ambiente. Si usa horno de microondas para descongelar la carne, cocínela inmediatamente.

### Almacenamiento Seguro

- Mantenga la temperatura del refrigerador a 40° F, y la del congelador a 0° F o más baja.
- Mantenga la carne cruda molida de res y de aves en el refrigerador por un máximo de 1 ó 2 días antes de cocinarla o congelarla.

## LA COCCION

Vamos a asegurarnos que esta carne molida n esté rosada.



La cocción mata las bacterias dañinas. Asegúrese que la carne molida de res y de aves esté completamente cocida.

### Cocine sin peligro

- El centro de las hamburguesas y del "mealloaf" no deben estar crudos.
- La carne molida debe cocinarse hasta que el color rosado desaparezca del centro.
- Las hamburguesas y el "mealloaf" requieren una temperatura de 160° F en el centro, y la carne molida de aves requiere una temperatura de 165° F.

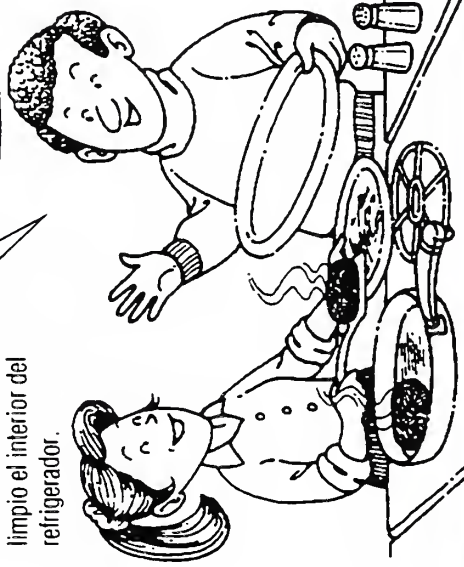
### Cocine Uniformemente

- La carne que cocine en el horno, en la sartén o a la parrilla, se debe voltear, por lo menos una vez.
- Mantenga el horno a no menos de 325° F cuando prepare carnes asadas.
- Cuando cocine en el horno de microondas, debe cubrir la carne. A la mitad del proceso, voltee o revuelva la carne una o dos veces, y de la vuelta al recipiente. Una vez cocida la carne, deje reposar para completar el proceso de cocción.

Después de servir, refrigere inmediatamente las sobras en porciones pequeñas para enfriar rápidamente.

Para recalentar las sobras, tápelas y recaléntelas a 165° F o hasta que salga vapor y estén bien caliente.

¡Espera! Déjame que te traiga un plato limpio antes que saques la carne de la sartén.





# CONSUMER GUIDE



FACTS FROM THE U.S. DEPARTMENT OF AGRICULTURE

## *Food Handling Labels*

(NAPS)—Read all about it: New labels on packages of raw meat and poultry can help protect your family's health and safety.

The labels feature safe handling instructions, designed to help consumers protect themselves from potentially dangerous bacteria that can cause serious illness and even death.

Why are labels important? Because even though meat and poultry are thoroughly inspected, consumers need to handle these foods with care at home in order to prevent food poisoning.

That's why the U.S. Department of Agriculture now requires safe handling labels on all uncooked meat and poultry products. The label instructions urge consumers to:

- Safely store meat and poultry by keeping it frozen or refrigerated.
- Thaw meat in the refrigerator or microwave. (In other words, don't thaw on the kitchen counter.)
- Keep raw meats and poultry



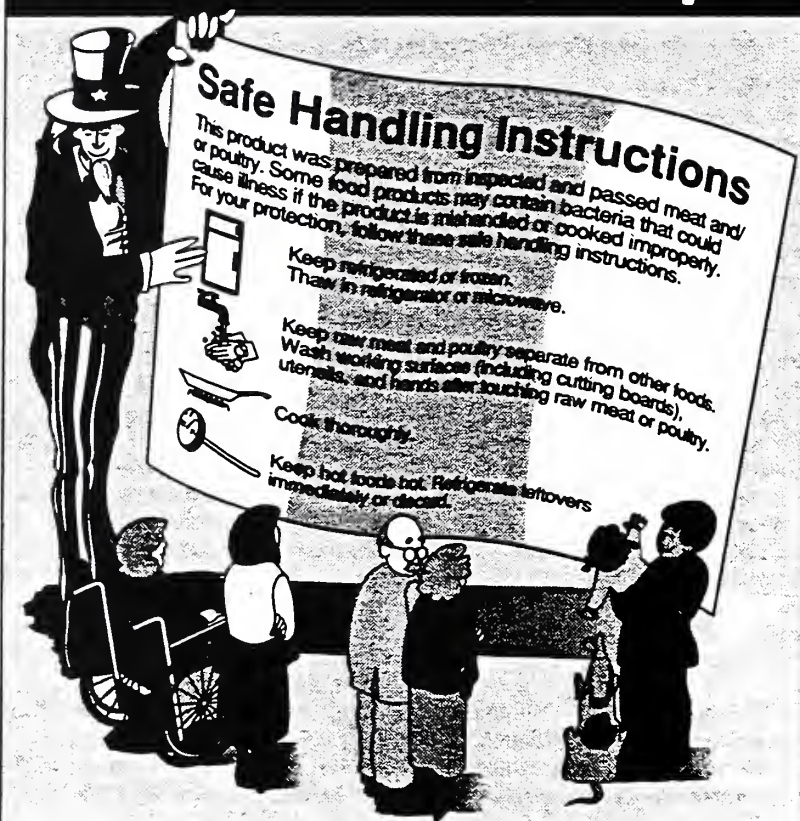
**Look for the new safe food handling labels on all raw and partially pre-cooked meat and poultry products.**

away from other foods and wash surfaces and hands after touching raw meat and poultry.

- Cook meats thoroughly and refrigerate leftovers immediately.

For more information on safe food handling, call USDA's Meat and Poultry Hotline at 800-535-4555.

# It's Time to Get Serious About Food Safety



**H**ere at the U.S. Department of Agriculture we directed meat and poultry packagers to put safe handling labels on all raw or partially-cooked products you prepare at home. This amounts to some 15 billion packages a year.

Why? Because we want you to know that raw animal products may contain bacteria that can cause food



poisoning if these products are not properly handled.

The good news is that the easy kitchen steps you should take to keep yourself and your family safe are *printed* on the label now. Follow them when you cook.

For more information, call USDA's Meat and Poultry Hotline, 1-800-535-4555.

—SOURCE: U.S. Department of Agriculture



United States  
Department of  
Agriculture

# Presentando la nueva etiqueta para el manejo sano de los alimentos





# GUIA DEL CONSUMIDOR



DATOS DEL DEPARTAMENTO DE AGRICULTURA DE LOS EEUU

## *Las etiquetas de información alimenticia*

(NAPS)—Entérese de la noticia: las nuevas etiquetas en los paquetes de alimentos crudos, como la carne de cualquier tipo (res, pollo, etc.), pueden servirle de ayuda para proteger la salud y seguridad de su familia.

Las etiquetas ofrecen instrucciones para preparar los alimentos de manera saludable, las cuales están diseñadas para ayudar a los consumidores a protegerse contra las bacterias peligrosas que pueden causar enfermedades y hasta la muerte.

¿Por qué son importantes esas etiquetas? Porque, a pesar de que la carne cruda pasa por el régimen más completo de inspecciones, los consumidores deben preparar en su hogar esos alimentos con todo cuidado para evitar una intoxicación.

A eso se debe que el Departamento de Agricultura de los EEUU haya impuesto ahora el requisito de las etiquetas para preparar alimentos de manera saludable en todos los productos de carne cruda, ya sea de res (o de otros tipos) o de ave. Las instrucciones animan a los consumidores a:

- Guardar la higiene manteniendo la carne cruda en el congelador o el refrigerador.



**Busque las etiquetas para preparar alimentos de manera saludable en todos los paquetes de carnes crudas o parcialmente cocidas.**

- Descongelar la carne en el refrigerador o en el horno de microondas. (En otras palabras, no la deje descongelar sobre cualquier superficie de la cocina).

- Mantener la carne cruda separada de todos los otros alimentos, y lavarse las manos tanto como todas las superficies que han estado en contacto con la carne cruda de cualquier tipo.

- Cocinar por completo la carne y refrigerar las sobras de inmediato.

# Mantenga la comida sana

Siga los consejos para el manejo sano de los alimentos que el Departamento de Agricultura de los Estados Unidos ha colocado en las carnes y aves crudas para proteger a usted y su familia de las

enfermedades ocasionadas por alimentos.

Esto es importante debido a que las carnes y aves crudas a veces contienen bacterias y otros patógenos que hacen daño. Así es que...

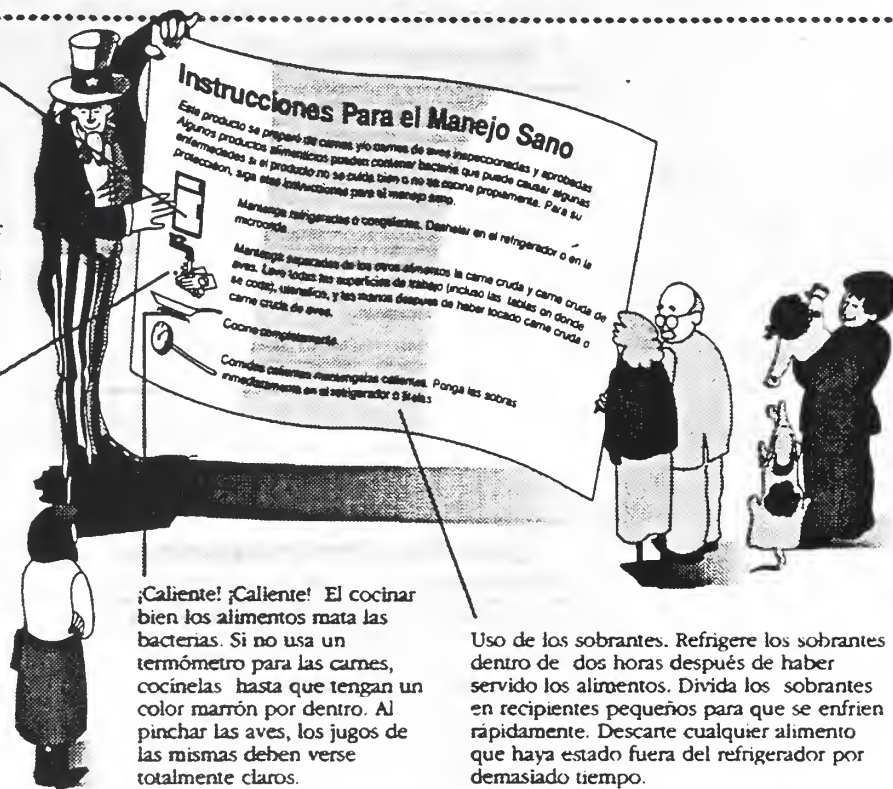
¡Enfríelas! Refrigere o congele las carnes y aves crudas tan pronto las traiga a su casa. Descongélelas en el refrigerador o el horno de microondas. Las bacterias pueden crecer en la carne que ponga sobre el mostrador de la cocina.

No propague las bacterias de las carnes y aves crudas a otros alimentos. Use tablas distintas para cortar carnes y vegetales. Use un plato limpio para retirar la carne asada de la parrilla.

Lave bien con agua caliente y jabón los utensilios, las tablas de cortar, las superficies y las manos después de haber estado en contacto con carnes y aves crudas.

¡Caliente! ¡Caliente! El cocinar bien los alimentos mata las bacterias. Si no usa un termómetro para las carnes, cocínelas hasta que tengan un color marrón por dentro. Al pinchar las aves, los jugos de las mismas deben verse totalmente claros.

Uso de los sobrantes. Refrigere los sobrantes dentro de dos horas después de haber servido los alimentos. Divida los sobrantes en recipientes pequeños para que se enfrien rápidamente. Descarte cualquier alimento que haya estado fuera del refrigerador por demasiado tiempo.



—SOURCE: U.S. Department of Agriculture

## Use Para Hacer Copias

Aquí está, en forma lista para reproducir, el requerimiento vigente de USDA para las etiquetas de las carnes y carnes de aves. Esta etiqueta cumple con los mandamientos vigentes requeridos para el manejo sano. **La etiqueta en español tendrá que ir acompañada por la etiqueta en inglés.**

### Instrucciones Para el Manejo Sano

*Este producto se preparó de carnes y/o carnes de aves inspeccionadas y aprobadas. Algunos productos alimenticios pueden contener bacteria que puede causar algunas enfermedades si el producto no se cuida bien o no se cocina propiamente. Para su protección, siga estas instrucciones para el manejo sano.*



Mantenga refrigeradas o congeladas. Deshelar en el refrigerador o en la microonda.



Mantenga separada de otros alimentos la carne cruda y carne cruda de aves. Lave todas las superficies de trabajo (incluso las tablas en donde se corta), utensilios y las manos después de haber tocado carne cruda o carne cruda de aves.



Cocine completamente.



Comidas calientes manténgalas calientes. Ponga las sobras inmediatamente en el refrigerador o tírelas.

### Safe Handling Instructions

*This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.*



Keep refrigerated or frozen. Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.



## Attention, Teens: A Concerned "Stomach" Talks Food Safety

by Herb Gantz

You've heard the expression "If walls could talk!" Well, what if a teenager's stomach could communicate with him? It might go like this:

*After all I am not really made of cast iron as you may think. Now that you have been asked by Mom and Dad to prepare another dinner for the family, I would like to offer some food safety and preparation advice. The statistics say that one of every seven teenagers prepares the family dinner at least three times a week. Lucky me, you have to be the one in seven! Well, it's time you learn what food safety is all about.*

*Maybe this time you will listen to me. I've sent enough warnings to you in the past, but last night's meal was the last straw. This memorandum is 'do or die' for both of us- and for the family as well.*

**1. SHOPPING.** Okay, the next time you are in the grocery store, try to be more careful.

For example, please read the labels carefully. If the words "keep refrigerated" appear on a label, make sure the item is cold to the touch in the store and then get the perishables home right away. Forget about running errands on the way home and stopping off at a friend's house. **Go right home. PLEASE!**

Also, make sure the packages are not torn or opened. You and I both know that you have not been so careful in this department.

And when buying cans, remember what I said about those that may be bulging or otherwise deformed.

Also look out for rust marks and cans that may be leaking.

**2. COOKING INSTRUCTIONS.** Okay, now you are going to have to carefully read the labels for cooking instructions. If

you are microwaving, do both of us a favor and don't confuse cooking times for the conventional oven with those for the microwave. There's a **BIG** difference. The conventional oven takes much longer. **WE** certainly remember what you did last week, don't **WE**?

**3. THE MICROWAVE.** When using the microwave, **PLEASE**

watch the cooking levels. Don't microwave on '**HIGH**' when the instructions say '**DEFROST**' or '**SIMMER**.'

While we are in the microwave department, don't forget to use the appropriate cookware for thawing and cooking in the microwave. Foam and plastic, in case you have forgotten, may melt.



### Memorandum

**To:** Brain  
**From:** Stomach  
**Subject:** Taking Care of Me

*Hi, remember me? I'm the one you shove that food into—those cold pizzas, warmed-over nachos and tacos and hamburgers that were left out on the counter too long. You know what I mean. Look, I know you are a teenager, but how you and I have survived so far beats me. For both our sakes' may I offer some friendly food safety advice that may help us get into adulthood?*

And don't forget to cover foods in the microwave so that steam will help cook them evenly. When finished, uncover microwaved foods away from your face. This also helps extremely hot foods cool down. Let the food stand for a few minutes so temperatures can even out. That way, you don't burn me!

**4. THOROUGH COOKING.** Whether you are microwaving or using the conventional oven, it takes thorough cooking to kill harmful bacteria. Forget the heroics and don't eat raw or partially cooked meat, poultry, fish or eggs. Let's make a pact. From now on, will you cook red meat to 160 degrees Fahrenheit and poultry to 180 degrees? If you can't find the meat thermometer, at least make sure the meat is brown or gray inside. Poultry juices should run clear and fish should flake with a fork.

**5. SERVING FOOD.** Now let's go over a few basics on proper serving.

Use clean dishes and utensils to serve food, not those you left out on the counter from the meal before. Never leave perishable food out of the refrigerator over two hours! That's TWO, please! As for your parties, I still remember the one from last weekend.

Will you please keep cold party food on ice for a change—or serve from platters taken from the refrigerator?

Also, divide hot party food into smaller serving platters. Keep them in the refrigerator and warm them up just before serving. I would appreciate that. Our friends would appreciate it too.

**6. LEFTOVERS.** Let's talk leftovers. Boy, have you done a number on me here a couple of times. PLEASE refrigerate perishable food within two hours, not two days! Don't leave that pizza out on the counter overnight! And divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.

**7. REHEATING.** Here's another delicate subject. Contrary to what you may think, leftovers do have to be thoroughly reheated, even though they were cooked once before.

Bring sauces, soups and gravy to a boil. Use a meat thermometer to make sure leftovers reach 165 degrees Fahrenheit.

**8. CAUTION!** I know you don't like red lights, but here are the real red lights in food handling. NEVER taste food that looks or smells strange to see if you can still use it. Remember

what I said before? I am not cast-iron. Wrap up and discard suspect food carefully so animals can't get into it.

As for moldy food, the mold you see is only the tip of the iceberg. The mold can be underneath as well. So most moldy food should be pitched.

You can save some food, however. Hard cheese, salami, firm fruits and vegetables can be saved by removing a large area around the mold.

Congratulations, you have now graduated from Basic Food Safety, Steps 1-8. If you will just follow these simple, common sense rules, you could save me and yourself a lot of stomachache—or is that heartburn?

Remember that case of the "flu" you had a while back? I've got news for you, that was food poisoning, not the flu. Millions of people, including many teenagers like you, get sick every year because of improper food handling. Just a little more care will take care of you and me!

#### **FAST FACTS ON FAST FOODS**

- Eat pizza, hamburgers, nachos, tacos, fried chicken and other fast food items right away. Don't leave food out on the counter or in a hot car.
- Refrigerate leftovers within two hours. If the weather is warm (over 85 degrees F) or the food was left in a hot car, then the time limit is just one hour.
- Thoroughly reheat leftovers before eating. Don't reheat in plastic wrap, a doggy bag, pizza box or chinese food container because they are not microwave-safe and won't withstand high heat.
- Microwave leftovers to reheat, but use a lid or vented plastic wrap to help ensure thorough heating. Discard any leftovers that don't look right or that smell strange. Just make sure pets can't get to these rejects.
- Do not keep leftovers for more than a couple of days. For more information on food safety call the USDA Meat and Poultry Hotline, tollfree, at 1-800-535-4555.

For a free copy of "A Quick Consumer Guide to Safe Food Handling," write CIC, Dept. 531B, Pueblo, CO 81009.



# Health Information for Students and Their Families

## Feeding Babies and Young Children--

### A Teen Sitter's Guide to Food Safety

by Mary Ann Parmley



**B**abysitting may be the first job you ever have.

It's your job to keep the kids safe. You have to know how to handle accidents, fire, strange phone calls. You also need to know how to handle food. A baby is so tiny even a little bit of unsafe food could make it very sick. Young children are also vulnerable to foodborne illness. So take a minute to review these tips. Then you can guard those soft, cuddly youngsters you keep from foodborne illness as well as other problems.

## Keeping a Baby

A number of childcare experts think you should be at least 13 to sit with an infant. They also suggest you visit the baby's house first before you keep the baby by yourself.

Go over everything you need to know with the parent—how to hold, feed and burp the baby, the sleep schedule, where supplies are kept and how to change diapers. Is there a medical condition you should know about? Learn the kitchen and microwave.

Request a list of key numbers by the phone. Get the parent's and a neighbor's number. You, of course, know to call "911" or the local emergency number for fire and police.

### Baby's bottle

Older babies can drink a bottle from the refrigerator. Younger babies (6 months and under) need lukewarm food. To warm a bottle:

- Heat milk in a disposable insert in a plastic bottle by holding it under hot tap water a few minutes. Test the milk's temperature on top of your hand. At body temperature—when you can barely feel a drop on your skin—it's ready for the baby.
- Do not warm a baby's bottle in the microwave. There may be "hot spots" in the milk that could burn the baby's mouth.

### Baby food

Check that the safety glass jar of baby food is down and that the lid "pops" when you first open it. Don't use the food otherwise. Don't use food from jars with chipped glass or rusty lids either. Baby fruits and vegetables can be served at room temperature, but to heat other baby foods:

- Spoon a portion from the jar into a microwave dish. Don't put the jar in the microwave! A small serving should heat on HIGH in 8 seconds. Stir and let stand a short time. *Caution:* Stir and taste for lukewarm temperature before feeding the baby, otherwise "hot spots" in the food could burn the baby's mouth.
- Don't save leftover food from baby's feeding.
- Do not heat baby meats or meat sticks in the microwave. They heat unevenly.

## Leftover Snacks for Older Kids

To microwave leftovers or a simple meal:

- Use microwave dishes only, cover food, and set timer a little short. You can always microwave more to finish heating, but you can't save ruined food.
- If cooking a microwave food from the package, follow directions carefully.
- Stir food or rotate dish halfway through the heating time to even out temperature.
- Use hotpad holders when removing dishes from the microwave. Let popcorn sit for a minute before opening. Open popcorn and remove plastic wrap on other items so steam escapes away from your face and hands.
- Let food stand to cool before serving. Cut into cheese hotdogs or filled pasta shells before eating. The fillings get very hot.

## Kitchen "Musts"

- Make sure you and the children wash your hands before and after handling food.
- Keep kitchen and dishes as clean as possible. Put cold foods back in refrigerator as soon as you've used them.
- Healthy eating—Fresh fruits and vegetables are better for kids... and for you... than sweet, salty or greasy foods.
- Foods that can choke—Don't give young children hard candy, nuts or popcorn. Cut hot dogs, grapes and other solid foods into small pieces to serve. To learn more about food safety, call USDA's tollfree Meat and Poultry Hotline at 1-800-535-4555.

For a free copy of "A Quick Consumer Guide to Safe Food Handling" write CIC, Dept. 531B, Pueblo, CO 81009.

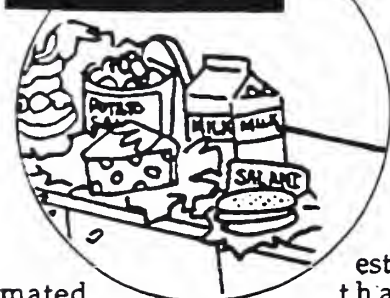


# Health Information for Students and Their Families

## Before Parents Get Home—Food Safety After School

From front door... to refrigerator door. The favorite afternoon pastime of school children remains "snacking." But what if mom or dad isn't home to make the snack? What's a hungry kid to do? It's been

### Mistake:



estimated that roughly 7 million American kids either care for themselves after school or are cared for by a sibling. What are the most important food and kitchen safety facts you should teach your children? Read on for our crash course in "Safe Snacking 101."

While most older kids can easily prepare their own snack, it is critically important to educate them about the larger issues of food and kitchen safety. In fact, you should establish basic "Kitchen Rules" and consider putting them in writing. And always keep on hand a ready supply of snacks that you know your child can easily handle alone.

Whether your child chooses a cold snack, a ready-to-eat snack, a do-it-yourself snack or a hot snack, it's never too early to teach children about the importance of clean hands, utensils, and other basic food safety techniques.

Here's a basic beginner's course written so both you and your youngsters can read it.

## Kids, for safety:

1. Place books or bookbags on the floor, not on eating counters or the kitchen table.
2. Throw away leftover sandwiches or other "refrigerator type" foods you bring home.
3. Wash your hands before you make or eat a snack. Hands carry lots of germs.
4. Always use clean spoons, forks and plates.
5. Wash fruits and vegetables with water before you eat them.
6. Do not eat bread, cheese or soft fruits or vegetables that look bad or have even small spots of mold.
7. Do not leave cold items, like milk, lunch meat, hardcooked eggs or yogurt out on the counter at room temperature. Put these foods back in the refrigerator as soon as you've fixed your snack.

But what if your child wants a hot snack? Should you let your child use the microwave? According to a recent *Good Housekeeping/International Microwave Power Institute* study, children are frequent users of the household microwave. Fifty-two percent of the respondents said that their children under the age of 12 use the microwave. The average age at which children begin to use the microwave is 7. In general, parents perceive the microwave oven to be a safe cooking appliance. For this reason, they let children use the microwave, but not a gas or electric range.

**HOWEVER, PARENTS SHOULD KNOW THAT SEVERE BURNS CAN AND DO OCCUR FROM IMPROPER MICROWAVE USAGE.**

Special packaging for kids' favorite foods like popcorn, pizza and french fries can get too hot for kids to handle. Steam from popcorn bags can burn the eyes, face, arms, and hands. Jelly donuts,

### Mistake:



pastries, hot dogs and other foods can reach scalding temperatures in seconds. The U.S. Consumer Product Safety Commission estimated that nearly 1,300 children under the age of 15 suffered microwave-related burns in 1990.

If you give permission for your child to use the microwave, start by holding a Saturday morning training session. It is recommended that only children who can read be allowed to use the microwave. This is what they need to know.

## Kids, for safe microwaving:

1. Never turn on an empty oven. This can cause the oven to break.
2. Read package directions carefully. Make sure you know how to set the microwave oven controls (for example, 10 seconds, rather than 10 minutes).
3. Use only microwave-safe cookware. Mark specific utensils and containers for microwave use and keep them in a certain place. Never re-use cold storage containers such as margarine tubs.
4. Rotate food in the microwave and stir halfway through cooking if possible.
5. Use pot holders to remove items from the microwave. Microwavable dishes get hot from cooked food. Do not use the microwave if you have to reach up to remove food from the oven.

6. If a dish is covered with plastic wrap let excess steam escape. Pull plastic wrap off so steam escapes away from hands and face. Steam can burn.

**Here are specific tips for favorite foods:**

- **Hot dogs and Baked Potatoes.** Pierce before cooking. This keeps them from exploding.
- **Jelly Donuts and Fruit Pastries.** Break open before eating. The jelly or fruit inside can get very hot and burn your mouth.
- **Popcorn.** Let the bag sit for several minutes before opening. Steam from the bag can burn the face, eyes, arms and hands.

Never put any food right from the microwave into your mouth. Allow the food to cool for several minutes before eating.

Here are some suggested snack ideas for younger children (ages 5-10 and older children 11 and up).



**Snacks for Younger Children**

- peanut butter and jelly sandwiches
- cheese and crackers
- yogurt

- cookies and milk
- fresh fruit
- precut vegetables
- hardcooked eggs
- cold cereal and milk
- lunch meat sandwiches

**Snacks for Older Children**

- microwave popcorn
- microwave snacks and meals
- items requiring cutting with a knife
- items requiring can openers
- leftovers requiring heating

For your other microwave and safe food handling questions, call USDA's tollfree Meat and Poultry Hotline 1-800-535-4555.

For a free copy of "A Quick Consumer Guide to Safe Food Handling," write CIC, Dept 531B, Pueblo, CO 81009.

# Food Guide Pyramid

## A Guide to Daily Food Choices

Fats, Oils, & Sweets  
**USE SPARINGLY**

### KEY

◻ Fat (naturally occurring and added)

◼ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5 SERVINGS**

Fruit  
Group  
**2-4 SERVINGS**

Bread, Cereal,  
Rice, & Pasta  
Group  
**6-11  
SERVINGS**

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Use the Food Guide Pyramid to help you eat better every day. . . the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

To order a copy of "The Food Guide Pyramid" booklet, send a \$1.00 check or money order made out to the Superintendent of Documents to: Consumer Information Center, Department 159-Y, Pueblo, Colorado 81009.

U.S. Department of Agriculture, Human Nutrition Information Service,  
August 1992, Leaflet No. 572



# How to Use The Daily Food Guide

## What counts as one serving?

### Breads, Cereals, Rice, and Pasta

1 slice of bread  
1/2 cup of cooked rice or pasta  
1/2 cup of cooked cereal  
1 ounce of ready-to-eat cereal

### Vegetables

1/2 cup of chopped raw or cooked vegetables  
1 cup of leafy raw vegetables

### Fruits

1 piece of fruit or melon wedge  
3/4 cup of juice  
1/2 cup of canned fruit  
1/4 cup of dried fruit

### Milk, Yogurt, and Cheese

1 cup of milk or yogurt  
1-1/2 to 2 ounces of cheese

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-1/2 to 3 ounces of cooked lean meat, poultry, or fish  
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

### Fats, Oils, and Sweets

LIMIT CALORIES FROM THESE especially if you need to lose weight

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

## How many servings do you need each day?

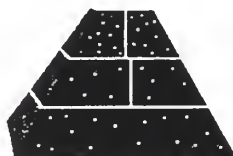
	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	**2-3	**2-3	**2-3
Meat group	2, for a total of 5 ounces	2, for a total of 6 ounces	3 for a total of 7 ounces

\*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

\*\*Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

## A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.



Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group, or french fries from the vegetable group. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.



# La Guía Pirámide de Alimentos

Una Guía Para la Selección Diaria de Alimentos

# Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils & Sweets  
**USE SPARINGLY**

Grasas, Aceites y Dulces  
**USELOS CON MODERACION**

Milk, Yogurt & Cheese  
Group  
**2-3 SERVINGS**

Grupo de Leche,  
Yogurt y Queso  
**2-3 PORCIONES**

Vegetable Group  
**3-5 SERVINGS**

Grupo de Verduras/  
Vegetales  
**3-5 PORCIONES**

## KEY (CLAVE)

■ Fat (naturally occurring and added) ■ Sugars (added)  
Grasas (naturales y agregadas) Azúcares (agregados)

These symbols show fat and added sugars in foods.

Estos símbolos indican grasas y azúcares agregados en alimentos.

Meat, Poultry, Fish,  
Dry Beans, Eggs  
& Nuts Group  
**2-3 SERVINGS**

Grupo de Carne, Aves, Pescado,  
Frijoles Secos, Huevos y Nueces  
**2-3 PORCIONES**

Fruit Group  
**2-4 SERVINGS**

Grupo de Frutas  
**2-4 PORCIONES**

Bread, Cereal,  
Rice & Pasta Group  
**6-11 SERVINGS**

Grupo de Pan,  
Cereal,  
Arroz y Pasta  
**6-11 PORCIONES**

Source: U.S. Department of Agriculture/U.S.  
Department of Health and Human Services

**Nota:** La Guía de Alimentos fue desarrollada para personas saludables de dos años en adelante que consumen una dieta estadounidense típica. Los estudios aún continúan para determinar si son necesarios algunos cambios para personas cuya alimentación es diferente.

**Note:** The Food Guide was developed for healthy people 2 years of age and older who eat a typical American diet. Research is underway to see if changes need to be made for people who eat differently.





**¿Qué se considera una porción de estos alimentos?**

**Panes, Cereales, Arroz y Pastas**

- 1 rebanada de pan
- 1 tortilla (7 pulgadas)
- 1 onza de cereal listo-para-comer
- 1/2 taza de cereal, arroz o pasta (cocidos)

**Verduras/Vegetales**

- 1 taza de verduras/vegetales de hoja (crudos)
- 1/2 taza de otras verduras/vegetales (cocidos o crudos y picados)
- 3/4 taza de jugo de verduras/vegetales

**Frutas**

- 1 manzana, banana (plátano, guineo) o naranja mediana
- 1/2 taza de fruta cocida o envasada (picada)
- 3/4 taza de jugo de fruta

**Leche, Yogurt y Queso**

- 1 taza de leche o yogurt
- 1-1/2 onzas de queso fresco o natural
- 2 onzas de queso procesado

**Carne, Aves, Pescado, Frijoles Secos, Huevos y Nueces**

- 2-3 onzas de carne, aves o pescado bajos en grasa (cocidos)
- 1/2 taza de frijoles/habichuelas (cocidos)
- 1 huevo o
- 2 cucharadas de mantequilla (crema) de cacahuete (maní)
- = 1 onza de carne

**What counts as a serving for these foods?**

**Breads, Cereals, Rice & Pasta**

- 1 slice of bread
- 1 7-inch tortilla
- 1 ounce of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice or pasta

**Vegetables**

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables, cooked or chopped raw
- 3/4 cup of vegetable juice

**Fruit**

- 1 medium apple, banana or orange
- 1/2 cup of chopped, cooked or canned fruit
- 3/4 cup of fruit juice

**Milk, Yogurt and Cheese**

- 1 cup of milk or yogurt
- 1-1/2 ounces of natural cheese
- 2 ounces of process cheese

**Meat, Poultry, Fish, Dry Beans, Eggs and Nuts**

- 2-3 ounces of cooked lean meat, poultry or fish
- 1/2 cup of cooked dry beans,
- 1 egg or
- 2 tablespoons of peanut butter
- = 1 oz of meat

¿Cuántas porciones de estos alimentos necesitamos cada día?

	Mujeres y algunas personas mayores	Niños, mujeres adolescentes, mujeres activas y la mayoría de los hombres	Varones adolescentes y hombres activos
Grupo de Panes	6	9	11
Grupo de Verduras/Vegetales	3	4	5
Grupo de Frutas	2	3	4
Grupo de Leche	2-3*	2-3*	2-3*
Grupo de Carnes	2	2	3

\*La mujer embarazada o lactante, los adolescentes y los adultos jóvenes hasta los 24 años necesitan 3 porciones diarias.

*He oído hablar de muchos tipos de grasas. ¿Cuáles son?*

Hay tres tipos principales de grasas: las SATURADAS, las MONODESATURADAS y las POLIDESATURADAS. Todas las grasas contienen una mezcla de estos diferentes tipos.

Las **GRASAS SATURADAS** son el tipo principal que encontramos en la carne, las aves, los productos lácteos, la grasa animal y también en los aceites vegetales como los de palma (*palm oil*, *palm kernel oil*) y el de coco (*coconut oil*).

Las **GRASAS MONODESATURADAS** son el tipo principal que encontramos en el aceite de oliva (*olive oil*), en el de maní (*peanut oil*) y en el llamado *canola oil*.

Las **GRASAS POLIDESATURADAS** son el tipo principal que encontramos en el aceite de cártamo (*safflower oil*), el de maíz (*corn oil*) y de soya (*soybean oil*). Este tipo de grasa se encuentra también en algunos pescados.

How many servings do my family and I need each day?

	Women & some older adults	Children, teen girls, active women, most men	Teen boys and active men
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	2-3*	2-3*	2-3*
Meat Group	2	2	3

\*Women who are pregnant or breast feeding, teenagers and young adults to age 24 need 3 servings.

*I've heard there are many types of fat. What are they?*

There are three main types of fat—SATURATED, MONOUNSATURATED and POLYUNSATURATED. All fats contain mixtures of these types.

**SATURATED FAT** is the main type found in meat, poultry, dairy products, lard and vegetable oils such as palm, palm kernel and coconut oil.

**MONOUNSATURATED FAT** is the main type found in olive, peanut and canola oil.

**POLYUNSATURATED FAT** is the main type found in safflower, corn and soybean oil. It is also found in some fish.





## On the *Teen Scene*

# EaTing DiSORDERS

## Require Medical Attention

*This article is part of a series with important health information for teenagers.*

*by Dixie Farley*



**F**or reasons that are unclear, some people—mainly young women—develop potentially life-threatening eating disorders called bulimia nervosa and anorexia nervosa. People with bulimia, known as bulimics, indulge in bingeing (episodes of eating large amounts of food) and purging (getting rid of the food by vomiting or using laxatives). People with anorexia, whom doctors sometimes call anorectics, severely limit their food intake. About half of them also have bulimia symptoms.

The National Center for Health Statistics (NCHS) estimates that 10,000 bulimia cases and 11,000 anorexia cases were diagnosed in 1989, the latest year for which statistics are available. Studies indicate that by their first year of college, 4.5 to 18 percent of women and 0.4 percent of men have a history of bulimia and that as many as 1 in 100 females be-

FDA  
CONSUMER

A REPRINT  
FROM FDA  
CONSUMER  
MAGAZINE

DEPARTMENT OF HEALTH AND HUMAN SERVICES,  
Public Health Service, Food and Drug Administration, Office of Public  
Affairs, 5600 Fishers Lane, Rockville, Md. 20857

## Disorders' Definitions

According to the American Psychiatric Association, a person diagnosed as bulimic or anorectic must have all of that disorder's specific symptoms:

### *Bulimia Nervosa*

- recurrent episodes of binge eating (minimum average of two binge-eating episodes a week for at least three months)
- a feeling of lack of control over eating during the binges
- regular use of one or more of the following to prevent weight gain: self-induced vomiting, use of laxatives or diuretics, strict dieting or fasting, or vigorous exercise
- persistent over-concern with body shape and weight.

### *Anorexia Nervosa*

- refusal to maintain weight that's over the lowest weight considered normal for age and height
- intense fear of gaining weight or becoming fat, even though underweight
- distorted body image
- in women, three consecutive missed menstrual periods without pregnancy. ■



tween the ages of 12 and 18 have anorexia.

Males account for only 5 to 10 percent of bulimia and anorexia cases. While people of all races develop the disorders, the vast majority of those diagnosed are white.

Most people find it difficult to stop their bulimic or anorectic behavior without professional help. If untreated, the disorders may become chronic and lead to severe health problems, even death. NCHS reports 67 deaths from anorexia in 1988, the latest year for which it has figures, but does not have similar information on bulimia.

As to the causes of bulimia and anorexia, there are many theories. One is that some young women feel abnormally pressured to be as thin as the "ideal" portrayed by magazines, movies and television. Another is that defects in key chemical messengers in the brain may contribute to the disorders' development or persistence.

### **The Bulimia Secret**

Once people begin bingeing and purging, usually in conjunction with a diet, the

cycle easily gets out of control. While cases tend to develop during the teens or early 20s, many bulimics successfully hide their symptoms, thereby delaying help until they reach their 30s or 40s. Several years ago, actress Jane Fonda revealed she had been a secret bulimic from age 12 until her recovery at 35. She told of bingeing and purging up to 20 times a day.

Many people with bulimia maintain a nearly normal weight. Though they appear healthy and successful—"perfectionists" at whatever they do—in reality, they have low self-esteem and are often depressed. They may exhibit other compulsive behaviors. For example, one physician reports that a third of his bulimia patients regularly engage in shoplifting and that a quarter of the patients have suffered from alcohol abuse or addiction at some point in their lives.

While normal food intake for a teenager is 2,000 to 3,000 calories in a day, bulimic binges average about 3,400 calories in 1 1/4 hours, according to one study. Some bulimics consume up to 20,000 calories in binges lasting as long as eight hours. Some spend \$50 or more a day on food and may resort to stealing food or money

to support their obsession.

To lose the weight gained during a binge, bulimics begin purging by vomiting (by self-induced gagging or with an emetic, a substance that causes vomiting) or by using laxatives (50 to 100 tablets at a time), diuretics (drugs that increase urination), or enemas. Between binges, they may fast or exercise excessively.

Extreme purging rapidly upsets the body's balance of sodium, potassium, and other chemicals. This can cause fatigue, seizures, irregular heartbeat, and thinner bones. Repeated vomiting can damage the stomach and esophagus (the tube that carries food to the stomach), make the gums recede, and erode tooth enamel. (Some patients need all their teeth pulled prematurely). Other effects include various skin rashes, broken blood vessels in the face, and irregular menstrual cycles.

### **Complexities of Anorexia**

While anorexia most commonly begins in the teens, it can start at any age and has been reported from age 5 to 60. Incidence among 8- to 11-year-olds is said to be increasing.

Anorexia may be a single, limited epi-





*Once people begin  
bingeing and purg-  
ing, the cycle easily  
gets out of control.*

## *For More Information*

sode with large weight loss within a few months followed by recovery. Or it may develop gradually and persist for years. The illness may go back and forth between getting better and getting worse. Or it may steadily get more severe.

Anorectics may exercise excessively. Their preoccupation with food usually prompts habits such as moving food about on the plate and cutting it into tiny pieces to prolong eating, and not eating with the family.

Obsessed with weight loss and fear of becoming fat, anorectics see normal folds of flesh as "fat" that must be eliminated. When the normal fat padding is lost, sitting or lying down brings discomfort not rest, making sleep difficult. As the disorder continues, victims may become isolated and withdraw from friends and family.

The body responds to starvation by slowing or stopping certain bodily processes. Blood pressure falls, breathing rate slows, menstruation ceases (or, in girls in their early teens, never begins), and activity of the thyroid gland (which regulates growth) diminishes. Skin becomes dry, and hair and nails become brittle. Lightheadedness, cold intolerance, constipation, and joint swelling are other symptoms. Reduced fat causes the body temperature to fall. Soft hair called lanugo forms on the skin for warmth. Body chemicals may get so imbalanced that heart failure occurs.

Anorectics who additionally binge and purge impair their health even further. The late recording artist Karen Carpenter, an

anorectic who used syrup of ipecac to induce vomiting, died after buildup of the drug irreversibly damaged her heart.

### **Getting Help**

Early treatment is vital. As either disorder becomes more entrenched, its damage becomes less reversible.

Usually, the family is asked to help in the treatment, which may include psychotherapy, nutrition counseling, behavior modification, and self-help groups. Therapy often lasts a year or more—on an outpatient basis unless life-threatening physical symptoms or severe psychological problems require hospitalization. If there is deterioration or no response to therapy, the patient (or parent or other advocate) may want to talk to the health professional about the plan of treatment.

There are no drugs approved specifically for bulimia or anorexia, but several, including some antidepressants, are being investigated for this use.

If you think a friend or family member has bulimia or anorexia, point out in a caring, nonjudgmental way the behavior you have observed and encourage the person to get medical help. If you think you have bulimia or anorexia, remember that you are not alone and that this is a health problem that requires professional help. As a first step, talk to your parents, family doctor, religious counselor, or school counselor or nurse. ■

*Dixie Farley is a staff writer for FDA Consumer.*

If you want more information about bulimia and anorexia, send your request and a stamped, self-addressed, business-size envelope to:

American Anorexia/Bulimia Association,  
Inc.  
418 E. 76th St.  
New York, N.Y. 10021  
(212) 734-1114

Bulimia, Anorexia Self-Help  
6125 Clayton Ave., Suite 215  
St. Louis, Mo. 63139  
(1-800) 227-4785

National Association of Anorexia Nervosa  
and Associated Disorders, Inc.  
P.O. Box 7  
Highland Park, Ill. 60035  
(708) 831-3438



## A REPRINT FROM FDA CONSUMER MAGAZINE

REPRINTED MARCH 1992

DHHS PUBLICATION NO. (FDA) 92-1194

*We hope you found this reprint from FDA Consumer magazine useful and informative. FDA Consumer, the magazine of the U.S. Food and Drug Administration, provides a wealth of information on FDA-related health issues: food safety, nutrition, drugs, medical devices, cosmetics, radiation protection, vaccines, blood products, and veterinary medicine. For a sample copy of FDA Consumer and a subscription order form, write to: Food and Drug Administration, HFI-40, Rockville, Md. 20857.*

*On the  
Teen Scene*

# *Good News About Good Nutrition*

*by Judith E. Foulke*



**FDA  
CONSUMER**

**A REPRINT  
FROM FDA  
CONSUMER  
MAGAZINE**

**DEPARTMENT OF HEALTH AND HUMAN SERVICES,  
Public Health Service, Food and Drug Administration, Office of Public  
Affairs, 5600 Fishers Lane, Rockville, Md. 20857**





ou've heard it all before. For as long as you can remember, your parents, your teachers, perhaps even your doctor, have been telling you to eat your vegetables, limit sweets, drink your milk.

Now, in your teen years, this advice takes on new meaning for a lot of very different reasons: How can you gain weight to put on muscle instead of fat? What's a healthy weight for you? How can you squeeze in a good, quick meal after school and before you have to be at your part-time job? All good questions, and because of the enormous changes that are going on in your body, the way you decide to deal with your nutrition needs now can make a big difference not only in how you feel today, but also in your well-being in years to come.

If you are between 15 and 18, you're completing your final major growth spurt, and are in the process of putting on nature's finishing touches for adulthood. For girls, the finishing touch means adding some fat padding. For boys, it means adding muscle and increasing the volume of blood. These changes often encourage girls to diet unnecessarily to stay slim, while boys may overeat to satisfy their appetites. Both can lead to health problems down the road, and, incidentally, probably will not do the job you want right now.

So what is the right approach to healthy eating?

A good start is to eat a variety of foods, as suggested in the *Dietary Guidelines for Americans*, published by the U.S. departments of Agriculture and Health and Human Services. Get the many nutrients your body needs by choosing a variety of foods from each of these groups:

- vegetables
- fruits
- breads, cereals, rice, and pasta
- milk, yogurt and cheese
- meat, poultry, fish, dried beans and peas, eggs, and nuts.

### What's So Junky About "Junk" Food?

The pace for teens is fast and getting faster. Added to pressures from school to prepare for college or a job, many teens take part in sports and work part-time. This often means eating on the run. Stack that on top of the snack foods you eat on dates or when you and your friends just get together, and the balance of your nutri-

ents can get way out of kilter.

Many snacks, such as potato chips, fast-food cheeseburgers, and fries, have high levels of fat, sugar or salt—ingredients that are usually best limited to a small portion of your diet. Healthy eating doesn't mean that you can't have your favorite foods, but the *Dietary Guidelines* advise you to be selective and limit the total fat, saturated fat, cholesterol, and sodium you eat. Our main source of saturated fat comes from animal products and hydrogenated vegetable oils, with tropical oils—coconut and palm—providing smaller amounts. Only animal fat provides cholesterol. Sodium mostly comes from salt added to foods during processing, home preparation, or at the table.

Fats are our most concentrated source of energy and supply about 40 percent of the total calories in typical American diets. Scientists know that eating too much fat, especially saturated fat and cholesterol, increases blood cholesterol levels, and therefore increases your risk of heart disease. Too much fat also may lead to overweight and increase your risk of some cancers.

Dietitians recommend that no more than 30 percent of your calories come from fats, and not more than 10 percent of these calories should be from saturated fat. Choose lean meats, fish, poultry without skin, and low-fat dairy products whenever you can. When you eat out, particularly at fast-food restaurants, look for broiled or baked rather than fried foods. Try the salad bars more often, but pass up creamy items and limit the amount of salad dressing you use to keep down the fat and calories. Look for milk-based high-calcium

foods with reduced fat.

### Spare the Sugar and Salt

Most people like the taste of table sugar. But did you know that other sweeteners are sometimes "hidden" in foods? There are sugars in honey, dried fruits, concentrated fruit juices, and ingredients such as corn syrup that are added to soft drinks, cookies, and many other processed foods. (See "Not Only Sugar Is Sweet" on page 16.) You can see what sugars are in packaged foods by looking at the ingredient list.

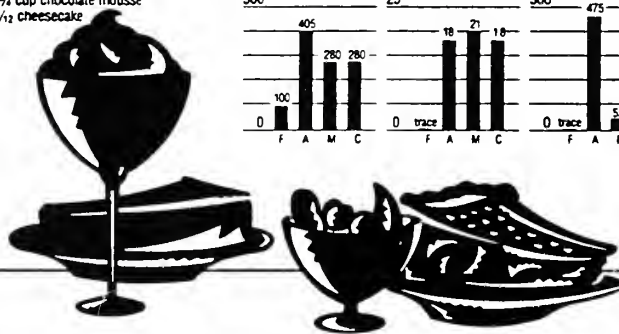
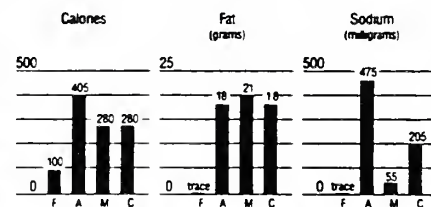
If you are a very active teen with high-energy needs, sweets can be an additional source of calories. But keep in mind that they contain only limited nutrients and that both sugars and starches can contribute to tooth decay.

A moderate amount of sodium in your diet is necessary, because sodium, along with potassium, maintains the water balance in your body. But for some people, too much sodium can be a factor in high blood pressure. Since processed foods often contain large amounts of sodium, it's wise to use salt sparingly when cooking or at the table—and to avoid overeating salty snacks like pretzels and chips.

When you exercise heavily and sweat profusely, you can deplete your sodium reserve, unbalance your body chemistry, and possibly become dehydrated. In extreme cases of profuse sweating, such as during training or competition, a dilute glucose-electrolyte drink may become necessary, but always with an abundance of water to make up for sweat losses.

**Taking a Close Look At Desserts**

Key:  
F = fresh fruit cup  
A = 1/4 apple pie  
M = 1/4 cup chocolate mousse  
C = 1/2 cheesecake

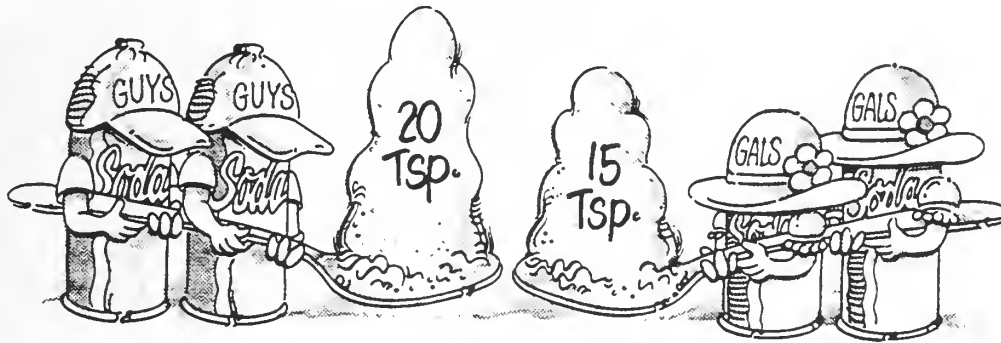


*Here's how much fat, sodium and calories you get from a few popular desserts. The estimates are based on usual portion sizes, which take into account that cheesecake is often served in portions half the size of a slice of apple pie. (Source: U.S. Department of Agriculture)*



# Soda Sippers

How much sugar do you get from soda each day? Here's what a recent USDA survey shows:



A higher percentage of 12 to 29 year olds drink regular soda than any other group. Males average about two cans a day, females one and a half cans.

NOTE: There are 10 teaspoons of sugar in one can (12 ounces) of regular soda !!

## What's All This About Fiber?

Whole-grain breads and cereals, dried beans and peas, vegetables, and fruits contain various types of dietary fiber essential for proper bowel function. Eating plenty of these fiber-rich foods may reduce your risk of cancer and heart disease.

The benefits from a high-fiber diet may be related to the foods themselves and not to fiber alone. For this reason, it's best to get fiber from foods rather than from the fiber supplements you can purchase in a store.

## Be Aware of Alcohol

Alcoholic beverages deserve special mention. Drinking them risks good health and can cause other serious problems for teens. And although it is illegal for teens to buy alcoholic beverages, a 1991 survey conducted by the Department of Health and Human Services shows that over half of 10.7 million junior and senior high school students have had at least one drink within the past year. Eight million students drink weekly, and almost half a million binge (five or more drinks at one time) weekly.

Teens who drink risk impaired judgment in their social relationships and endanger their own and others' lives if they drive after drinking. The U.S. Department of Transportation reports that in 1989, 2,800 students between 15 and 19 years of

age died in alcohol-related traffic accidents. Almost half of all traffic accidents involving this age group, whether or not someone died, were alcohol-related.

Alcoholic beverages contain calories but few if any nutrients. Drinking heavily can lead to poor nutrition if alcoholic beverages replace foods with needed nutrients, and alcoholism is not unknown among teenagers.

## What About Vegetarians?

There are many types of vegetarian diets, but the two most common are the lacto-ovo, which includes eggs and milk products but not meat, and vegan, which eliminates all forms of animal products. Teens who are lacto-ovo vegetarians can usually get enough nutrients in their diets, with the possible exception of iron, says Marilyn Stephenson, a dietitian with the Food and Drug Administration's Office of Nutrition and Food Sciences.

Getting enough iron is especially important to teens. The need for iron for both boys and girls increases between the ages of 11 and 18. The National Academy of Sciences recommends teenage boys get 12 milligrams of iron a day, mostly to sustain their rapidly enlarging body mass. For girls, the recommended daily requirement is 15 milligrams to offset menstrual losses that begin during this time.

It's important to plan how to get ad-

equately iron in your diet. Iron from meat, poultry and fish is better absorbed by your body than the iron from plant sources. However, the absorption of iron from plants is improved by eating fruit or drinking juice that contains vitamin C with the iron-rich food.

Vegan vegetarians are vulnerable to deficiencies of several nutrients, particularly vitamins D and B<sub>12</sub>, calcium, iron, zinc, and perhaps other trace elements. Like all essential nutrients, these vitamins and minerals are required to maintain proper growth.

Teens need extra calcium to store up an optimal amount of bone (called "peak" bone mass). The richest sources of calcium are milk and other dairy products. Building optimal bone mass through a balanced diet, including adequate calcium, may help delay the onset or limit your chances of developing osteoporosis later in life. Osteoporosis is a disease in which reduced bone mass causes bones to break easily. It occurs in both men and women, but is more common among older women.

If it is important to you to be a vegetarian, it is easier to achieve good nutrition with the lacto-ovo form. A dietitian (or your school nurse) can help you plan a vegetarian diet that provides you with the nutrients you need for growth and development during the teen years.

# Dietary Guidelines for All Americans

What should Americans eat to stay healthy? These guidelines, published by the U.S. departments of Agriculture and Health and Human Services, reflect recommendations of nutrition authorities who agree that enough is known about the effect of diet on health to encourage certain dietary practices. The guidelines are:

- Eat a variety of foods.
- Maintain a healthy weight.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet with plenty of vegetables, fruits, and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- Children and adolescents should not drink alcoholic beverages.

The *Dietary Guidelines* suggest at least the following number of servings from each of these food groups:

Vegetables	3-5 servings
Fruits	2-4 servings
Breads, cereals, rice, and pasta	6-11 servings
Milk, yogurt and cheese	2-3 servings*
Meats, poultry, fish, dried beans and peas, eggs, and nuts	2-3 servings

\* People aged 12 through 24 years should have three or more servings daily of foods rich in calcium.

## What's a Healthy Weight?

Some teens have a difficult time projecting a healthy weight for themselves. Girls especially may think they need to be thinner than they are, or should be. Extraordinary concern or obsession for thinness leads some teens to the eating disorders of anorexia nervosa (dieting to starvation) or bulimia (overeating and then vomiting). (See *FDA Consumer*, March 1992.)

If you're concerned about your weight, it's important to talk to a health profes-

sional such as your family doctor or the school nurse. That person can help you decide whether you do need to lose weight and, if so, the best way to achieve and maintain a weight that is healthy for you.

If health professionals recommend that you need to lose weight, most experts say it's best to increase your exercise as the first step. Often that's all teens need to do for weight control because they're rapidly growing. If eating less is also necessary, it is best to continue eating a variety of foods while cutting down on fats and sugars.

Losing weight quickly on a very-low-calorie diet is never a good idea for anyone. And if you're into sports, you should be aware that it could affect your athletic performance. Under no circumstances should you drink less fluid to lose weight. A steady loss of a pound or so a week until you reach your goal is generally safe, and you're more likely to be able to maintain your weight loss.

Skipping meals to lose weight is another poor idea. You're likely to overeat at the next meal just because you're so hungry. And surveys show that people who skip breakfast or other meals tend to have poorer nutrition than those who don't.

## Help for Healthy Eating Is on the Way

Food processors and many grocery stores are preparing now to help nutrition-conscious people make wise food choices. This can be important to teens who sometimes shop not only for themselves, but also for the whole family. While many food labels already voluntarily show nutrition information, new legislation, the Nutrition Labeling and Education Act, enforced by FDA, requires food products to be labeled with the nutritive values they contain per serving size (which will be standardized and realistic). There will be no implied or misleading claims. And all this must be in easy-to-read and easy-to-understand terms.

All food labels must have this information in place by 1993. Look for more information about the new labeling from FDA and USDA.

Thanks to growing scientific knowledge about several diet and health relationships, healthy eating is more socially "in" than ever before. Eating a healthy diet is not difficult with knowledge of a few of the basics, and can help you excel on the playing field, in school, and in your social life. ■

Judith Foulke is a staff writer for *FDA Consumer*.

## A REPRINT FROM FDA CONSUMER MAGAZINE

REPRINTED FROM APRIL 1992

DHHS PUBLICATION NO. (FDA) 92-2257

We hope you found this reprint from *FDA Consumer* magazine useful and informative. *FDA Consumer*, the magazine of the U.S. Food and Drug Administration, provides a wealth of information on FDA-related health issues: food safety, nutrition, drugs, medical devices, cosmetic radiation protection, vaccines, blood products, and veterinary medicine. For a sample copy of *FDA Consumer* and a subscription order form write to: Food and Drug Administration, HFI-40, Rockville, Md. 20857.



# Should You Go On A Diet?

by Ruth Papazian

*This article is part of a series with important health information for teenagers.*

What do the hula hoop, "grapefruit diet," and wearing your clothes backwards have in common? They are all fads. Fads come and go, but when it comes to fad diets, the health effects can be permanent—especially for teenagers.

Not all teens who go on diets need to lose weight. Pressure from friends—and sometimes parents—to be very slim may create a distorted body image. Having a distorted body image is like looking into a funhouse mirror: You see yourself as fatter than you are.

A Reprint from *FDA Consumer Magazine*





A national survey of 11,631 high school students conducted by the national Centers for Disease Control and Prevention found that more than a third of the girls considered themselves overweight, compared with fewer than 15 percent of the boys. More than 43 percent of the girls reported that they were on a diet—and a quarter of these dieters didn't think they were overweight. The survey found that the most common dieting methods used were skipping meals, taking diet pills, and inducing vomiting after eating.

"The teenage years are a period of rapid growth and development," points out Ronald Kleinman, M.D., chief of the Pediatric Gastrointestinal and Nutrition Unit of Massachusetts General Hospital in Boston, and chairman of the Committee on Nutrition of the American Academy of Pediatrics. He explains that fad dieting can keep teenagers from getting the calories and nutrients they need to grow properly and that dieting can retard growth. Stringent dieting may cause girls to stop menstruating, and will prevent boys from developing muscles, he says. If the diet doesn't provide enough calcium, phosphorus and vitamin D, bones may not lay down enough calcium to help reduce the risk of osteoporosis later in life.

Instead of dieting because "everyone" is doing it or because you are not as thin as you want to be, first find out from a doctor

or nutritionist whether you are carrying too much weight or too much body fat for your age and height.

#### **What if You Need to Lose Weight?**

The flip side to feeling pressured to be thin is having legitimate concerns about overweight that adults dismiss by saying, "It's just baby fat" or "You'll grow into

your weight." Most girls reach almost their full height once they start to menstruate, notes Kleinman. Although boys usually don't stop growing until age 18, data from a study suggest that adolescent obesity can carry serious lifelong health consequences for them.

The study, which followed the medical histories of 508 people from childhood to age 70, found that men who had been overweight teenagers were more likely to develop colon cancer and to suffer fatal heart attacks

and strokes than their thinner classmates. Women who had been overweight teens had an increased tendency to develop clogged arteries (atherosclerosis) and arthritis. By age 70, these problems made it difficult for them to walk more than a quarter mile, lift heavy objects, or climb stairs.

While this study linked adolescent obesity to health problems decades down the road, some adverse effects show up much earlier. Sometimes teens develop high

blood pressure, elevated cholesterol, and conditions that often precede diabetes. Also, as Kleinman points out, "The longer you remain overweight, the greater the likelihood that the problem will persist into adulthood."

As with most everything else, there's a right way and a wrong way to lose weight. The wrong way is to skip meals, resolve to eat nothing but diet bread and water, take diet pills, or make yourself vomit. You may make it through the end of the week and maybe even lose a pound or two, but you're unlikely to keep the weight off for more than a few months—if that. And inducing vomiting can lead to an eating disorder called bulimia, which can result in serious health problems. (See "On the Teen Scene: Eating Disorders Require Medical Attention" in the March 1992 *FDA Consumer*.)

"The more you deprive yourself of the foods you love, the more you will crave those foods. Inevitably, you'll break down and binge," says Jo Ann Hattner, a clinical dietitian at Packard Children's Hospital in Palo Alto, Calif. Then you'll not only gain those pounds back, you'll likely add a couple more.

Experts call this cycle of weight loss and weight gain "yo-yo" dieting, and believe that the repeated stress on your body of losing and gaining weight may be at least as bad for long-term health as being overweight.

Additionally, low-calorie diets that allow only a few types of foods can be bad for your health because they don't allow you to get enough vitamins and minerals. Kleinman warns that rapid weight loss from very-low-calorie "starvation diets" can cause serious effects in teenagers, such as gallstones, hair loss, weakness, and diarrhea.

#### **Diet Pills**

Last year, FDA banned 111 ingredients in over-the-counter (OTC) diet products—including amino acids, cellulose, and

**"THE MOST  
IMPORTANT DIETARY  
CHANGE YOU CAN MAKE  
IS TO LIMIT THE  
AMOUNT OF HIGH-FAT  
FOODS THAT YOU EAT."  
—JO ANN HATTNER,  
CLINICAL DIETITIAN**

grapefruit extract—after manufacturers were unable to prove that they worked.

A number of products (Cal-Ban 3000, Cal-Lite 1000, Cal-Trim 5000, Perma Slim, Bodi Trim, Dictol 7 Plus, Medi Thin, Nature's Way, and East Indian Guar Gum) were also recalled because they posed serious health risks. The products contained guar gum, which supposedly swelled in the stomach to provide a feeling of fullness. However, the swelling from the guar gum caused blockages in the throat and stomach.

In May 1991, FDA also began a formal inquiry into the safety of phenylpropanolamine hydrochloride (abbreviated PPA), an ingredient in many OTC diet pills, because of concern that the drug may increase the risk of stroke when taken at or over recommended doses. FDA has determined that additional studies need to be done to resolve this safety concern.

Previously, an advisory review panel of outside experts in 1982 advised FDA that PPA was an effective appetite suppressant. But questions remain about PPA use by teenagers and those with eating disorders.

Recently, manufacturers of OTC diet pills proposed a voluntary program in which they would include on the product labels a statement cautioning: "Persons between 12 and 18 are advised to consult their physician before using this product."

Michael Weintraub, M.D., a consultant to FDA's Office of OTC Drug Evaluation, says, "PPA is not recommended for use by teenagers because they are still growing and if they suppress their appetite, they may not get proper nutrition." The author of studies on PPA published in scientific journals, Weintraub adds, "This is especially true of teens who don't need to lose weight but think that they do."

### **The Real Skinny on Weight Loss**

If going to extremes won't do the trick, what will? Believe it or not, it's as simple as making a few changes in your eating habits to emphasize healthy foods and exercise—good advice even if you don't need to lose weight.

Hattner describes a good diet as one that has balance, variety and moderation in food choices. "Balance your favorite foods [which are usually high in fat] with

fruits and vegetables [which are almost always very low in fat]; eat a wide variety of foods to keep from getting bored and to make sure your diet is nutritionally sound; and keep portion sizes reasonable so that you can have your [thin] slice of cake and lose weight, too."

In devising a healthy diet, Hattner suggests using the U.S. Department of Agriculture's "Food Pyramid." These guidelines call for six to 11 servings a day of grains (bread, cereal, rice and pasta),

three to five servings of vegetables, two to four servings of fruit, and two to three servings each of dairy (milk, cheese and yogurt) and protein-rich foods (meat, eggs, poultry, fish, dry beans, and nuts). (See "The Food Pyramid—Food Label Connection" in the June 1993 *FDA Consumer*.)

"Teens who need to lose weight should limit the number of recommended servings to the lower end of the scale for each category except dairy," Hattner advises. "The most important dietary change you can make is to limit the amount of high-fat foods that you eat," she adds.

To keep fat intake down, Hattner recommends making simple lower fat substitutions for the foods that you eat: Switch to 1 percent or skim milk instead of whole milk, nonfat frozen yogurt sweetened with a low-calorie sugar substitute instead of ice cream, and pretzels instead of corn chips. High-fat foods such as french fries, candy bars, and milkshakes that have no low-fat substitutes should only be eaten once in a while or in very small amounts.

### **Move It and Lose It**

Whether you are overweight or not, regular exercise (at least three times a week) is important to look and feel your best. If you do need to lose weight, stepping up your activity level will cause you to burn calories more quickly and help make weight loss easier.

"Exercise increases lean body weight. Also, you will appear slimmer as you develop your muscles because muscles give shape and form to your body," notes Hattner.

Fad or starvation diets and diet pills offer temporary solutions, at best. At worst, they may jeopardize your health. To lose weight and keep it off, your best bet is to reduce fat intake and to exercise. ■

*Ruth Papazian is a writer in Bronx, N.Y.*

**F**AD dieting can  
keep teenagers  
from getting  
calories and  
nutrients they  
need to grow  
properly and can  
retard growth.

**A REPRINT FROM FDA  
CONSUMER MAGAZINE**

**Printed May 1994.**

**This article originally appeared  
in the September 1993 *FDA Consumer*.  
PUBLICATION NO. (FDA) 94-1214**

**DEPARTMENT OF HEALTH AND HUMAN SERVICES  
PUBLIC HEALTH SERVICE \* FOOD AND DRUG ADMINISTRATION**

We hope you found this reprint from *FDA Consumer* magazine useful and informative. *FDA Consumer*, the magazine of the U.S. Food and Drug Administration, provides a wealth of information on FDA-related health issues: food safety, nutrition, drugs, medical devices, cosmetics, radiation protection, vaccines, blood products, and veterinary medicine. For a sample copy of *FDA Consumer* and a subscription order form, write to: Food and Drug Administration, HFI-40, Rockville, MD 20857.

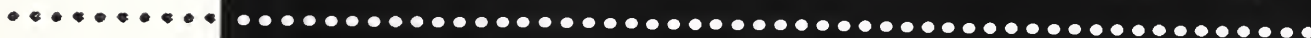
☆ U.S. GOVERNMENT PRINTING OFFICE 1994-301-035/00009



# F

## OCUS ON...

FOOD SAFETY FOR PARENTS





# Health Information for Students and Their Families

## KEEP YOUR FOOD

**SAFE**—Shopping,  
Storage and Cooking  
Tips

By Liz Lapping

Food that goes bad can make you sick. This is called food poisoning.

Sometimes when people think they have the "flu" or a "stomach bug," they really have food poisoning.

What makes food go bad? Germs. They get on foods and grow. You cannot see germs on food.

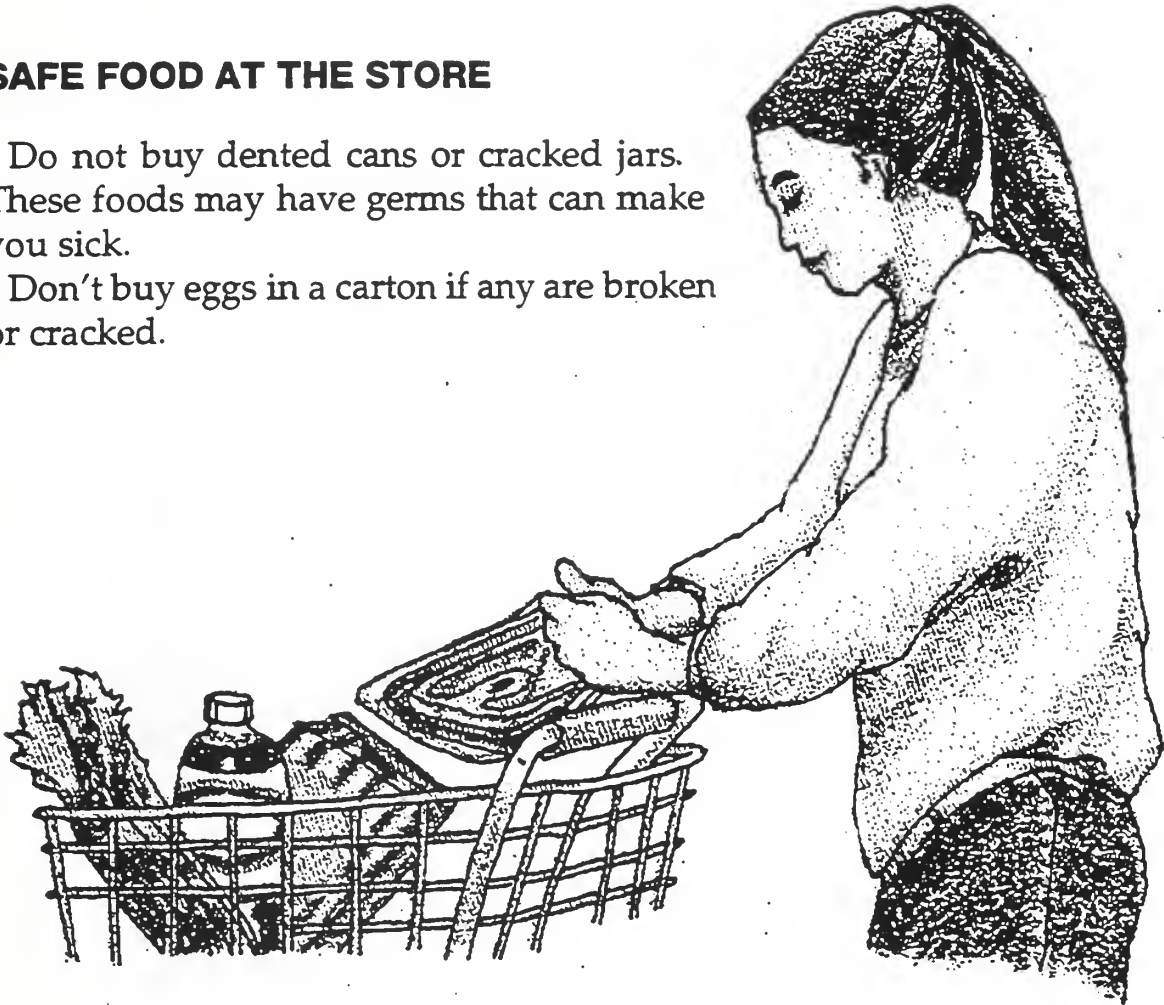
You cannot always smell or taste them either. Some foods that germs

like best are milk and other dairy products, eggs, meat, poultry and seafood. You can keep food safe by buying safe food and keeping it safe at home.

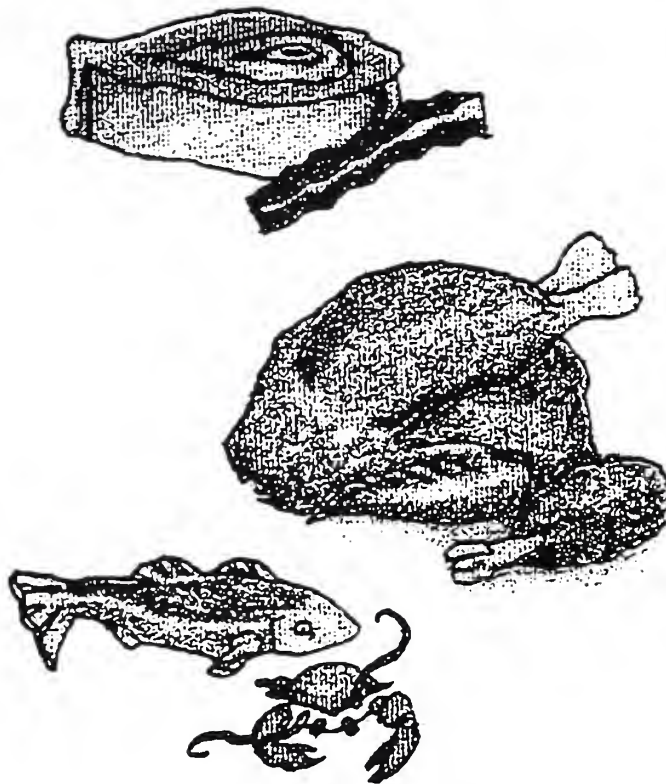
## SAFE FOOD AT THE STORE

Do not buy dented cans or cracked jars. These foods may have germs that can make you sick.

Don't buy eggs in a carton if any are broken or cracked.







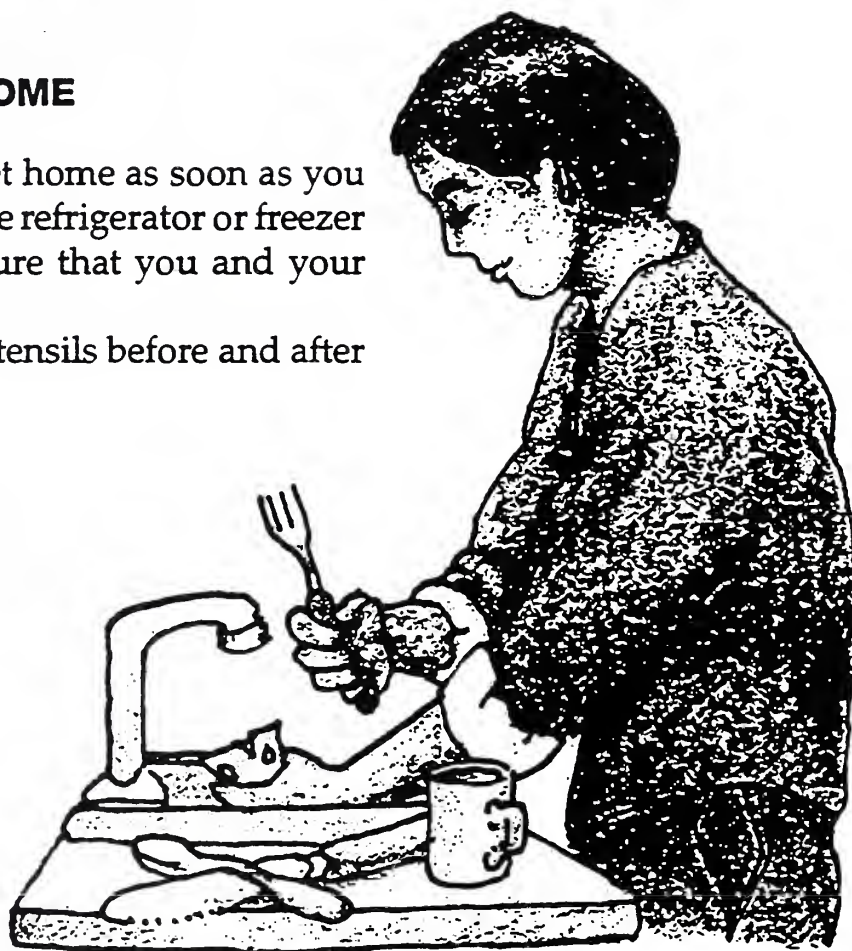
Raw meat, poultry and seafood sometimes drip. The juices that drip may have germs. Put raw meat, poultry and seafood into plastic bags before they go into your cart.

Pick up milk and other cold foods last. This will give them less time to warm up before you get home.

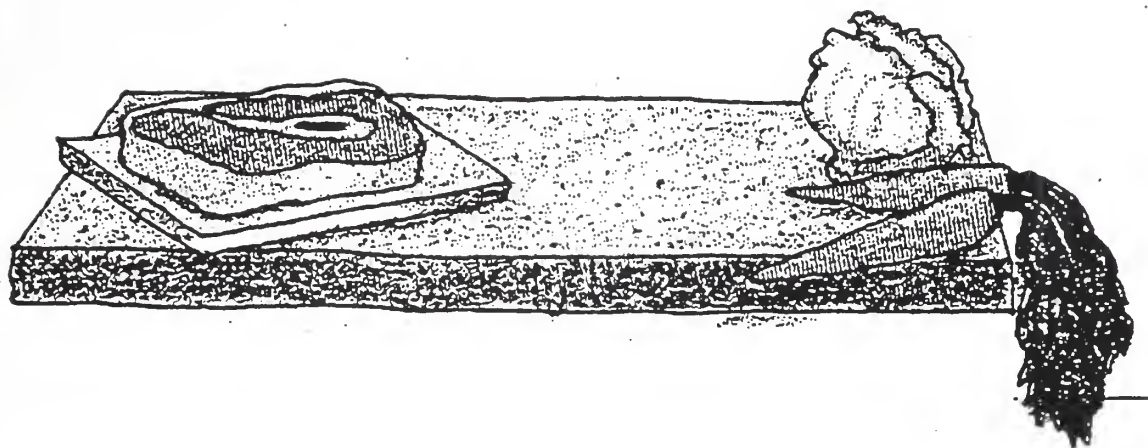
## SAFE FOOD AT HOME

After shopping, get home as soon as you can. Put food into the refrigerator or freezer right away. Make sure that you and your kitchen are clean.

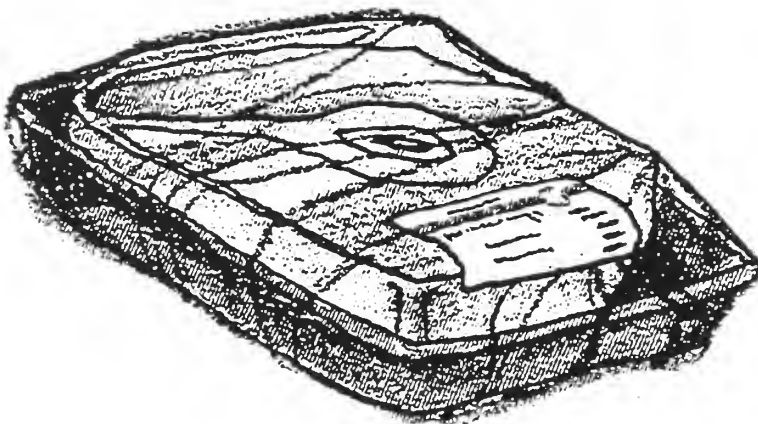
Wash hands and utensils before and after they touch food.



Wood cutting boards are very hard to clean. Germs hide in the cracks. Use a plastic cutting board instead.

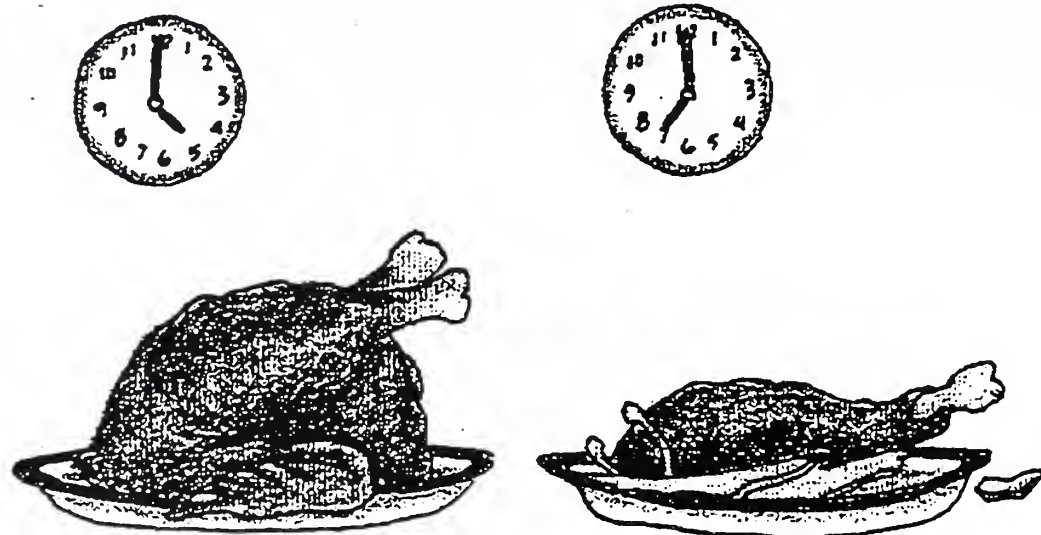


Keep the juices from raw meat, raw poultry and raw seafood away from other foods since the juices have germs. Meat, poultry and seafood need to stay cold while they thaw. Thaw them in the refrigerator 1 or 2 days before you will cook the food, or in the microwave using the "defrost" setting. Cook the food right away.



Raw meat, raw poultry, raw seafood and raw eggs can make you sick. Cook them until they are done.

- Cooked red meat looks brown inside.
- Cooked egg whites and yolks are firm, not runny.
- Poke cooked chicken with a fork. The juices should look clear, not pink.
- Put leftovers in the refrigerator or freezer within 2 hours after eating. Eat the left overs in the next few days, before they go bad.
- Dig a fork into cooked fish. The fish should flake.



*Remember, if you think a food might be bad, do not taste it.*

**WHEN IN DOUBT, THROW IT OUT!**

For other questions about food safety, call the USDA Meat and Poultry Hotline at 1-800-535-4555. The Hotline is open from 10 a.m. to 4 p.m., Eastern Time, Monday through Friday. Washington, DC area residents should dial (202) 720-3333.

\* Adapted from *Keep Your Food Safe*, a U.S. Food and Drug Administration (FDA) publication.



# **MANTENGA SANOS LOS ALIMENTOS**

## **Ideas para comprar, guardar y cocinar alimentos\***

por Liz Lapping

**L**os alimentos contaminados pueden enfermarle. Esto se conoce como una intoxicación o envenenamiento con comida.

A veces cuando uno cree que tiene "el flú" o "una indigestión", realmente se ha intoxicado con lo que comió.

¿Qué ocasiona que los alimentos se dañen? Los gérmenes. Estos entran a los alimentos y crecen. Usted no puede ver los gérmenes en los alimentos. A

veces tampoco puede olerlos o probarlos.

Algunos de los alimentos preferidos por los gérmenes son la leche y otros productos lácteos, los huevos, las carnes, las aves, y los mariscos.

Usted puede mantener sus alimentos sanos si los compra en buen estado y los mantiene sanos en su casa.

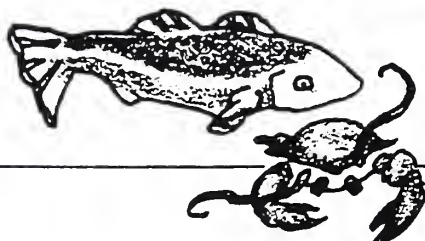
### **ALIMENTOS SANOS EN LA TIENDA**

No compre latas abolladas o frascos agrietados. Es posible que esos alimentos tengan gérmenes que puedan enfermarle.

Tampoco compre huevos en un cartón en el cual haya uno o más huevos agrietados o rotos.



\* Adaptado de ¡Goce de Buena Salud - Proteja los Alimentos!, una publicación de la Administración Federal de Alimentos y Drogas (FDA)



A veces la carne, las aves y los mariscos gotean cuando aún están crudos. Es posible que el jugo o líquido que sueltan contenga gérmenes. Coloque las carnes, las aves y los mariscos crudos en sacos plásticos antes de ponerlos con los otros alimentos que va a comprar.

Seleccione la leche y otros alimentos fríos al final de su compra. Así se mantendrán frescos hasta que llegue a su casa.

## **ALIMENTOS SANOS EN SU HOGAR**

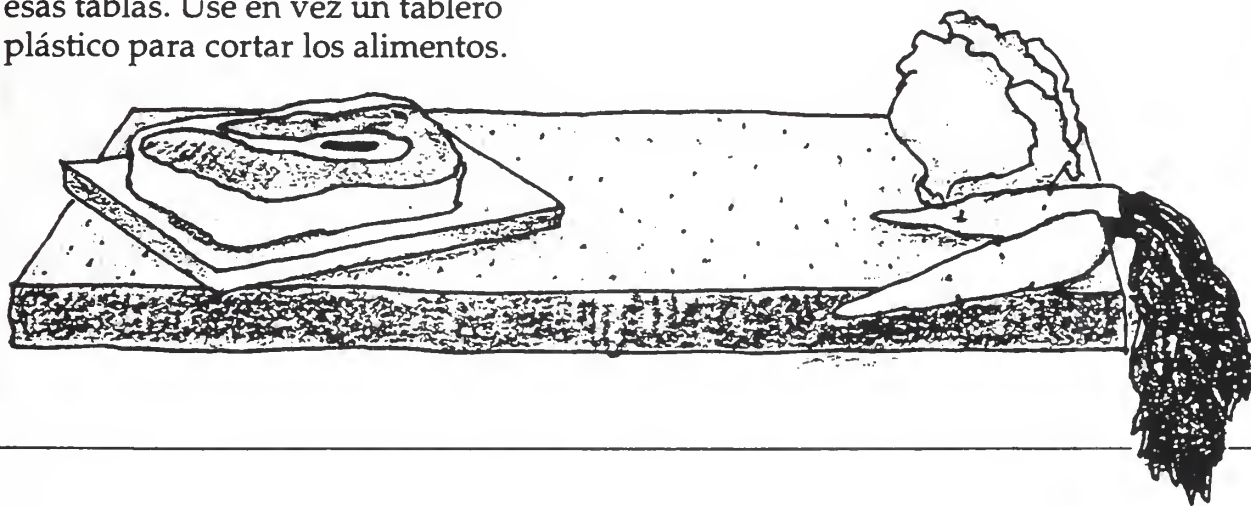
Después de hacer la compra regrese a la casa lo más pronto posible. Coloque enseguida los alimentos en la nevera o el congelador.

Asegúrese de que tanto usted como su cocina se mantienen bien limpios.

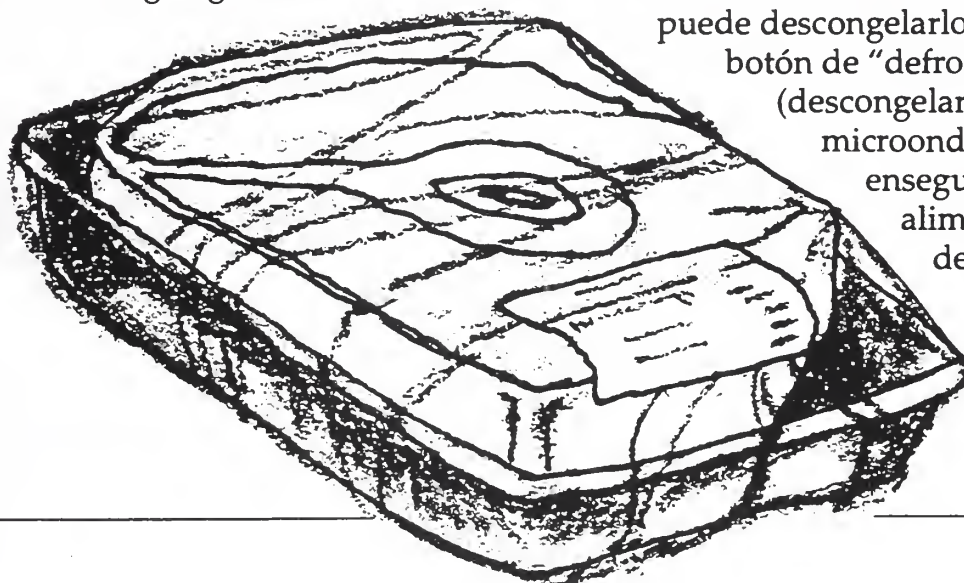
Antes y después de tocar los alimentos, lávese las manos y lave los utensilios.



Es muy difícil limpiar las tablas para cortar que son de madera. Los gérmenes se esconden en las grietas de esas tablas. Use en vez un tablero plástico para cortar los alimentos.



No permita que los jugos de las carnes crudas, las aves crudas y los mariscos sin cocinar toquen otros alimentos ya que es posible que esos jugos contengan gérmenes.



Al descongelar carnes, aves y mariscos es necesario mantenerlos refrigerados. Si estaban congelados, déjelos en el refrigerador por uno o dos días antes de cocinarlos. Si lo prefiere, puede descongelarlos usando el botón de "defrost" (descongelar) en el microondas. Cocine enseguida cualquier alimento que se descongele.



Los alimentos crudos como carnes, aves y mariscos pueden enfermarle. Cocínelos hasta que estén bien hechos.

- La carne roja se ve color marrón después de cocida.
- Pinche el pollo cocido con un tenedor. El jugo que sale debe verse bien claro, no rosado.
- Si cocina pescado, pínchelo con un tenedor. Si se separa en escamas, está listo.

- Las yemas y claras de los huevos deben estar firmes, no líquidas o blandas.
- Si algo sobra, póngalo en el refrigerador dentro de dos horas después de servido. Consuma lo que sobre en los próximos 3-4 días antes de que el alimento se dañe.

*Recuerde, si usted cree o sospecha que un alimento está dañado, ni siquiera lo pruebe.*



***Cuando tenga alguna duda, bote el alimento.***

Si interesa un ejemplar gratis de la publicación ¡Goce de Buena Salud — Proteja los Alimentos!, escriba a:

FDA  
Rm. 15A19 HFI40  
5600 Fishers Lane  
Rockville, Md. 20857. ✚

# Protecting Your Children

## What you should know about E. coli O157:H7

by Mary Ann Parmley, U.S. Department of Agriculture

**W**hat do you as a parent need to know about *E. coli* O157:H7? First, this food-borne bacteria is not an isolated phenomena. Children and adults are getting sick from eating fast food hamburgers, some have contracted the illness from raw milk, and some children have gotten sick from ground meat cooked at home.

Second, O157 has caused some real tragedies since the early 1980's. Children have died from complications like HUS (hemolytic uremic syndrome) which can cause kidney failure and other grave problems. Other youngsters survived but with serious health problems. What's going on?

**Why an E. coli epidemic?** Epidemiologists who study the spread of disease say some aspects of modern food production make these kinds of outbreaks more likely. Food is mass produced and as a result bacteria can easily spread through large volumes of product. People eat out more at high-volume restaurants which exposes hundreds to any mistake in food preparation.

While we are still learning about *E. coli* O157:H7 and improving the meat inspection system, there are several basic safe cooking and handling instructions that can help protect your family.

### Parents, Please

**Inspect hamburgers** - At home or eating out, make sure burgers are done. That means brown or gray in the middle. The *E. coli* bacteria is killed by higher cooking temperatures (160° F).

**Cooking meat at home** - Tomato or barbecue sauce turns a meat mixture red, making it harder to see if the meat is done. Cook these dishes thor-



*Cut into or break open meat to check for doneness. Teach older children to check their own burgers.*

oughly to a bubbling, steamy state. Poultry and fish should always be thoroughly cooked too.

**Microwave carefully** - Cover, rotate foods and let them stand after you take them out of the oven to ensure thorough cooking. Food, especially meats, cooked in the microwave should be hot and steaming.

**At the Grill** - Meat patties can look done on the outside but still have some pink inside. Slice to the center to make sure no pink remains. Serve cooked food with clean plates and utensils.

**Wash your hands** with hot, soapy water before preparing food or eating, particularly after using the bathroom or diapering a child. Also...wash your hands, utensils and work areas before and after contact with raw, meat, poultry or fish.

**Milk** - Raw milk can contain disease organisms including *E. coli* O157:H7. Use only pasteurized milk.

**Water** - Use only safe, treated water. Wild animals can carry *E. coli* in their systems and infect streams and ponds.

**Fruits and vegetables** - Wash all fruits and vegetables before eating.

### If Your Child Is Sick

Bloody diarrhea, the chief sign of *E. coli* O157:H7, is not normal for any young child. So if your youngster has blood in the stool or diarrhea with severe abdominal pain, get medical help immediately.

Dr. Phillip Tarr, a pediatrician at Seattle Children's Hospital and Medical Center active in O157 research, advises parents to get a child with severe diarrheal illness to the pediatrician, family doctor or clinic promptly.

Make sure the practitioner has a stool sample tested. Quick diagnosis of O157 is critical since remedies for other kinds of diarrhea may make diagnosis and treatment of this illness more difficult.

Most people recover from O157 in about a week, but some 10 percent of patients, often children, develop complications like kidney problems and anemia which can be life-threatening. Complications from O157 are also a grave danger to the elderly.

Dr. Patricia Griffin, M.D., with the Centers for Disease Control, says you should remember that O157 can be transmitted from one infected person to another. Generally, you need to be careful to wash your hands after changing a sick child's diapers or cleaning up bed or bathroom accidents. Your health practitioner can provide detailed infection-control instructions.

For more information  
on food safety, call the  
**USDA Meat and Poultry  
Hotline**, tollfree, at  
**1-800-535-4555.**

# Day Care And Food Safety

FACTS FROM THE U.S. DEPARTMENT OF AGRICULTURE

## Care-Givers & Children Should Wash Hands:



- Whenever they come in contact with body fluids
- After toileting or changing diapers (Also wash the hands of the *diapered* child)
- After assisting a child with toileting
- Before handling food and after handling raw meat, poultry or fish
- Before and after eating meals and snacks
- After handling pets or other animals

**To help prevent problems caused by foodborne bacteria like *E. coli* O157:H7 and other harmful strains, child care staff and children should wash their hands frequently during the day.**

(NAPS) — Every morning, nearly half of the children under five years old in this country are taken to a child care center or a family day care home. As a parent, how do you know the food that's served is safe?

According to Dr. J. Glenn Morris, Jr. of the U.S. Department of Agriculture's Food Safety and Inspection Service, "*Parents can get a pretty good idea of their child's risk of getting sick from food by seeing how well their child care provider pays attention to the basic rules of cleanliness and safe food handling.*"

As a parent, you can check out your child care provider by observing:

- How often do care-givers and children wash their hands? Staff and children should wash hands whenever they come in contact with body fluids; after toileting or changing diapers; before handling, preparing or touching food; before and after touching raw meat, poultry or fish; before and after eating meals and snacks; after handling pets.

- Does your child care provider clean and disinfect areas where children play and eat?

- Are diaper-changing areas separate from eating areas? Keeping these areas separate helps prevent the spread of disease.

- Does your child care provider handle food safely? Child care providers should keep perishable foods such as meat, poultry and fish refrigerated or frozen, then thaw in the refrigerator or microwave; keep raw foods separate from other foods to prevent the spread of bacteria; thoroughly wash anything that touches raw foods and make sure raw foods are thoroughly cooked. Hamburger, for instance, should be cooked until there is no pink in the center. Hot foods should be kept hot and leftovers refrigerated promptly in small, shallow containers to speed cooling.

"Parents and providers can get reminders on safe food handling by checking out the new '*Safe Handling Label*' now included on packages of raw meat and poultry sold in grocery stores," says Dr. Morris.

People interested in more information on safe food handling can call the USDA Meat and Poultry Hotline at 1-800-535-4555, weekdays from 10-4 p.m., E.T.



# Food Guide Pyramid

## A Guide to Daily Food Choices

Fats, Oils, & Sweets  
USE SPARINGLY

### KEY

◻ Fat (naturally occurring and added)

◼ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt, & Cheese Group  
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group  
2-3 SERVINGS

Vegetable Group  
3-5 SERVINGS

Fruit Group  
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta Group  
6-11 SERVINGS

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Use the Food Guide Pyramid to help you eat better every day...the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

To order a copy of "The Food Guide Pyramid" booklet, send a \$1.00 check or money order made out to the Superintendent of Documents to: Consumer Information Center, Department 159-Y, Pueblo, Colorado 81009.

U.S. Department of Agriculture, Human Nutrition Information Service, August 1992, Leaflet No. 572

# How to Use The Daily Food Guide

## What counts as one serving?

### Breads, Cereals, Rice, and Pasta

1 slice of bread  
1/2 cup of cooked rice or pasta  
1/2 cup of cooked cereal  
1 ounce of ready-to-eat cereal

### Vegetables

1/2 cup of chopped raw or cooked vegetables  
1 cup of leafy raw vegetables

### Fruits

1 piece of fruit or melon wedge  
3/4 cup of juice  
1/2 cup of canned fruit  
1/4 cup of dried fruit

### Milk, Yogurt, and Cheese

1 cup of milk or yogurt  
1-1/2 to 2 ounces of cheese

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-1/2 to 3 ounces of cooked lean meat, poultry, or fish  
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

### Fats, Oils, and Sweets

**LIMIT CALORIES FROM THESE**  
especially if you need to lose weight

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

## How many servings do you need each day?

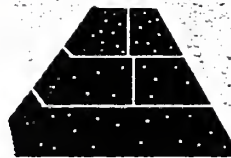
	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	**2-3	**2-3	**2-3
Meat group	2, for a total of 5 ounces	2, for a total of 6 ounces	3 for a total of 7 ounces

\*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

\*\*Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

## A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.



Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group, or french fries from the vegetable group. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.

# La Guía Pirámide de Alimentos

Una Guía Para la Selección Diaria de Alimentos

# Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils & Sweets  
**USE SPARINGLY**

Grasas, Aceites y Dulces  
**USELOS CON MODERACION**

Milk, Yogurt & Cheese  
Group  
**2-3 SERVINGS**

Grupo de Leche,  
Yogurt y Queso  
**2-3 PORCIONES**

Vegetable Group  
**3-5 SERVINGS**

Grupo de Verduras/  
Vegetales  
**3-5 PORCIONES**

## KEY (CLAVE)

■ Fat (naturally occurring and added) ■ Sugars (added)  
Grasas (naturales y agregadas) Azúcares (agregados)

These symbols show fat and added sugars in foods.  
Estos símbolos indican grasas y azúcares agregados en alimentos.

Meat, Poultry, Fish,  
Dry Beans, Eggs  
& Nuts Group  
**2-3 SERVINGS**

Grupo de Carne, Aves, Pescado,  
Frijoles Secos, Huevos y Nueces  
**2-3 PORCIONES**

Fruit Group  
**2-4 SERVINGS**

Grupo de Frutas  
**2-4 PORCIONES**

Bread, Cereal,  
Rice & Pasta Group  
**6-11 SERVINGS**

Grupo de Pan,  
Cereal,  
Arroz y Pasta  
**6-11 PORCIONES**

Source: U.S. Department of Agriculture/U.S.  
Department of Health and Human Services

**Nota:** La Guía de Alimentos fue desarrollada para personas saludables de dos años en adelante que consumen una dieta estadounidense típica. Los estudios aún continúan para determinar si son necesarios algunos cambios para personas cuya alimentación es diferente.

**Note:** The Food Guide was developed for healthy people 2 years of age and older who eat a typical American diet. Research is underway to see if changes need to be made for people who eat differently.





**¿Qué se considera una porción de estos alimentos?**

**Panes, Cereales, Arroz y Pastas**

- 1 rebanada de pan
- 1 tortilla (7 pulgadas)
- 1 onza de cereal listo-para-comer
- 1/2 taza de cereal, arroz o pasta (cocidos)

**Verduras/Vegetales**

- 1 taza de verduras/vegetales de hoja (crudos)
- 1/2 taza de otras verduras/vegetales (cocidos o crudos y picados)
- 3/4 taza de jugo de verduras/vegetales

**Frutas**

- 1 manzana, banana (plátano, guineo) o naranja mediana
- 1/2 taza de fruta cocida o envasada (picada)
- 3/4 taza de jugo de fruta

**Leche, Yogurt y Queso**

- 1 taza de leche o yogurt
- 1-1/2 onzas de queso fresco o natural
- 2 onzas de queso procesado

**Carne, Aves, Pescado, Frijoles Secos, Huevos y Nueces**

- 2-3 onzas de carne, aves o pescado bajos en grasa (cocidos)
- 1/2 taza de frijoles/habichuelas (cocidos)
- 1 huevo o
- 2 cucharadas de mantequilla (crema) de cacahuete (maní)
- = 1 onza de carne

**What counts as a serving for these foods?**

**Breads, Cereals, Rice & Pasta**

- 1 slice of bread
- 1 7-inch tortilla
- 1 ounce of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice or pasta

**Vegetables**

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables, cooked or chopped raw
- 3/4 cup of vegetable juice

**Fruit**

- 1 medium apple, banana or orange
- 1/2 cup of chopped, cooked or canned fruit
- 3/4 cup of fruit juice

**Milk, Yogurt and Cheese**

- 1 cup of milk or yogurt
- 1-1/2 ounces of natural cheese
- 2 ounces of process cheese

**Meat, Poultry, Fish, Dry Beans, Eggs and Nuts**

- 2-3 ounces of cooked lean meat, poultry or fish
- 1/2 cup of cooked dry beans,
- 1 egg or
- 2 tablespoons of peanut butter
- = 1oz of meat

¿Cuántas porciones de estos alimentos necesitamos cada día?

	Mujeres y algunas personas mayores	Niños, mujeres adolescentes, mujeres activas y la mayoría de los hombres	Varones adolescentes y hombres activos
Grupo de Panes	6	9	11
Grupo de Verduras/Vegetales	3	4	5
Grupo de Frutas	2	3	4
Grupo de Leche	2-3*	2-3*	2-3*
Grupo de Carnes	2	2	3

\*La mujer embarazada o lactante, los adolescentes y los adultos jóvenes hasta los 24 años necesitan 3 porciones diarias.

*He oído hablar de muchos tipos de grasas. ¿Cuáles son?*

Hay tres tipos principales de grasas: las SATURADAS, las MONODESATURADAS y las POLIDESATURADAS. Todas las grasas contienen una mezcla de estos diferentes tipos.

Las **GRASAS SATURADAS** son el tipo principal que encontramos en la carne, las aves, los productos lácteos, la grasa animal y también en los aceites vegetales como los de palma (*palm oil*, *palm kernel oil*) y el de coco (*coconut oil*).

Las **GRASAS MONODESATURADAS** son el tipo principal que encontramos en el aceite de oliva (*olive oil*), en el de maní (*peanut oil*) y en el llamado *canola oil*.

Las **GRASAS POLIDESATURADAS** son el tipo principal que encontramos en el aceite de cártamo (*safflower oil*), el de maíz (*corn oil*) y de soya (*soybean oil*). Este tipo de grasa se encuentra también en algunos pescados.

*How many servings do my family and I need each day?*

	Women & some older adults	Children, teen girls, active women, most men	Teen boys and active men
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	2-3*	2-3*	2-3*
Meat Group	2	2	3

\*Women who are pregnant or breast feeding, teenagers and young adults to age 24 need 3 servings.

*I've heard there are many types of fat. What are they?*

There are three main types of fat—SATURATED, MONOUNSATURATED and POLYUNSATURATED. All fats contain mixtures of these types.

**SATURATED FAT** is the main type found in meat, poultry, dairy products, lard and vegetable oils such as palm, palm kernel and coconut oil.

**MONOUNSATURATED FAT** is the main type found in olive, peanut and canola oil.

**POLYUNSATURATED FAT** is the main type found in safflower, corn and soybean oil. It is also found in some fish.





## Wound up in the complexities of the new food labels?



**N**utritionists, educators, food and health writers—you can call us for help as you develop your plans to “communicate” the new label to consumers. Our database includes government, industry and other efforts to educate people on using the new labels.

*Dial*

**301-504-5719**

for the  
Food Labeling Education  
Information Center

Located at the National Agricultural Library,  
the center is sponsored by FDA  
and USDA's Food Safety and Inspection Service







\* NATIONAL AGRICULTURAL LIBRARY



1022303267